

THE LIST ISSUE

YOUR ALL-ACCESS PASS TO THE SUPERSTARS



★ WWE EXCLUSIVE!

# DANIEL BRYAN

## SUBMIT TO THE GOAT!

\*GREATEST OF ALL TIME

## DOLPH ZIGGLER

Your Questions, His Answers! P.42

# 75

## GREATEST MATCHES OF THE 21<sup>ST</sup> CENTURY!



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## WORST VILLAINS RE-RANKED!

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## MOST PAINFUL TAP-OUTS!

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OCTOBER 2013

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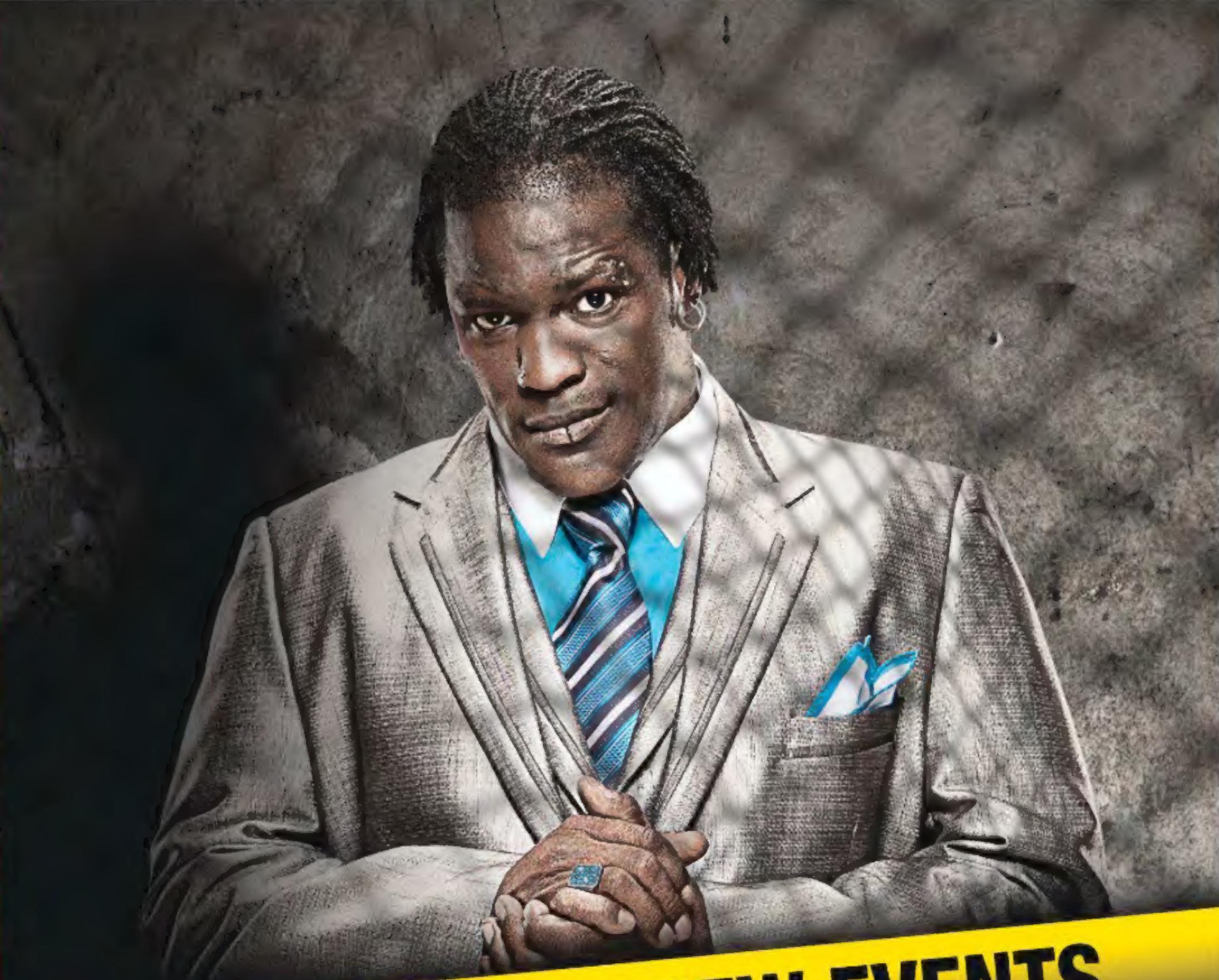


ONE MONTH. TWO MUST-SEE

# BATTLEGROUNDS

SUN OCTOBER 6 8E 5P

#WWEBATTLEGROUND



LIVE PAY-PER-VIEW EVENTS.

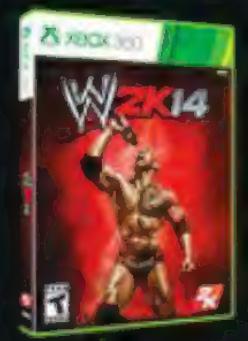
# HELL IN A CELL

SUN OCTOBER 27 8E | 5P

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R-TRUTH®

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MAGAZINE

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OCTOBER 2013

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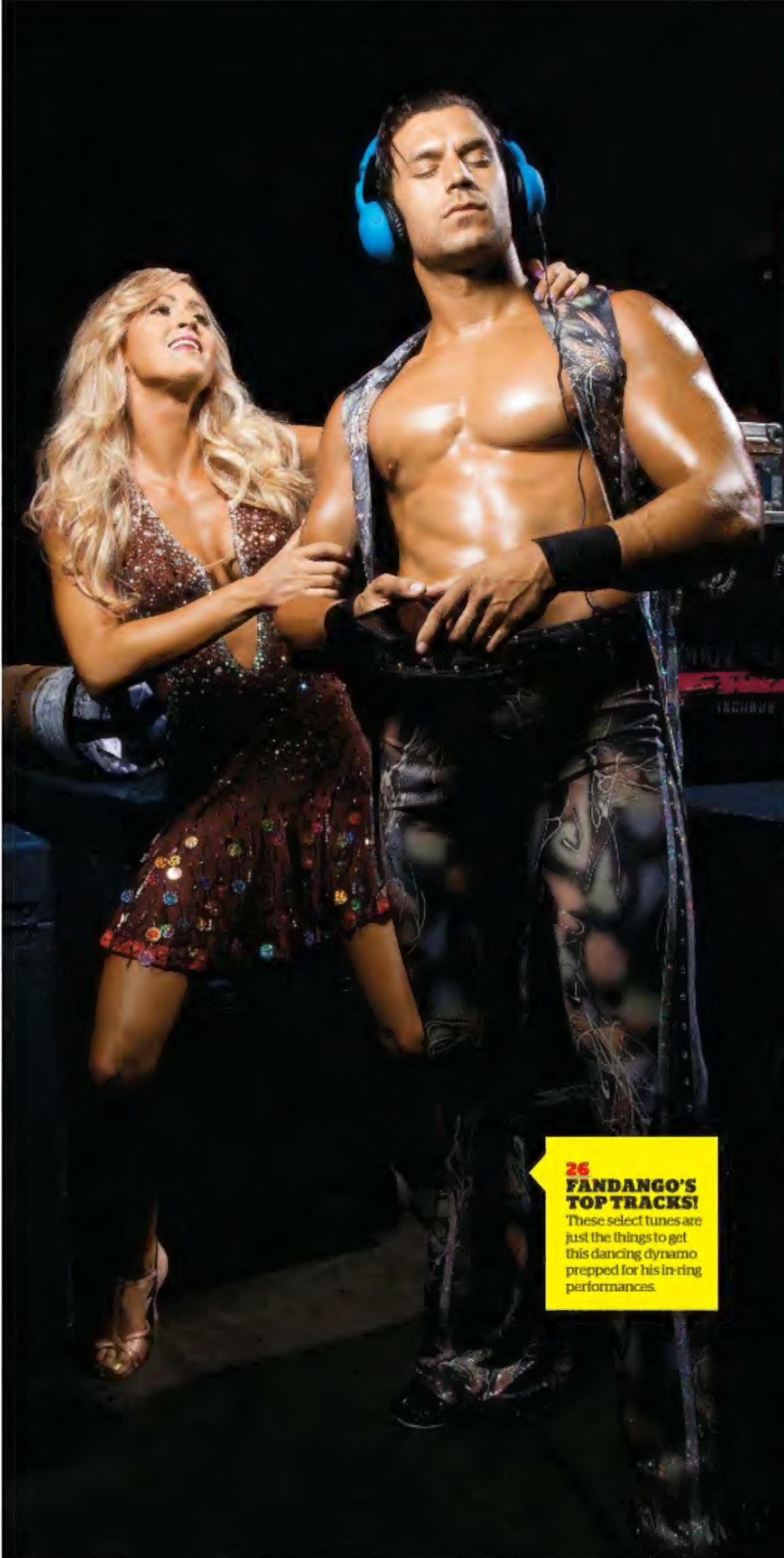
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# WWE 2K14



30 YEARS OF  
**WRESTLEMANIA.**  
ONE EPIC GAME.



**BECOME IMMORTAL**

OCTOBER 29



Blood  
Language  
Suggestive Themes  
Use of Alcohol  
Violence



XBOX 360



PS3  
PlayStation 3



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**10 STATEMENT** Issue #93 of WWE Magazine (ISSN 1933-4524, USPS 720-450, Canadian Publications Mail Sales Agreement No. 0392960) is published every four weeks, 12 times a year by WWE, 1201 East Main Street, Stamford, CT 06902 and published in Canada by WWE Canada (GST No. R12893851, 2 Lansing Square, Suite 1003, Willowdale, Ontario, Canada M2J 4P8). Basic subscription rates are \$24.97 for 12 issues and \$44.97 for 24 issues for US and US possessions. Any special issue will count as a monthly subscription issue. Canadian rates are \$29.97 for 12 issues and \$54.97 for 24 issues including 7% GST. Foreign rates are \$44.97 for 12 issues and \$84.97 for 24 issues. ALL ORDERS ARE PAYABLE IN U.S. FUNDS ONLY. NO FOREIGN CREDIT ORDERS WILL BE ACCEPTED. Periodical Postage Paid at Stamford, CT, and other additional mailing offices. POSTMASTER: Send address changes to WWE, WWE, PO Box 15779, North Hollywood, CA 91025-9996. All Rights Reserved. All WWE programming, talent names, images, likenesses, slogans, wrestling moves, trademarks, logos and copyrights are the exclusive property of WWE and its subsidiaries. The Ultimate Warrior is the trademark of Ultimate Creations, Inc. All other trademarks, logos and copyrights are the property of their respective owners. © 2013 WWE. All Rights Reserved.

# Maybe you'll jump from helicopters.

Or fly them. You can work in law enforcement, drive a tank, build a bridge, or fire artillery. There are over 200 careers to choose from. Surely there's one to get your blood flowing. And no matter what you choose, you'll serve your community as well as your country—part-time. You'll do cool things in the Guard.



**NATIONAL GUARD**   
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3. 2. 1 ...

# IT'S THE FINAL COUNTDOWN!

Welcome to our first-ever 'List Issue.' If it can be ranked, ordered or tallied up, you'll find it in here!



## KOFI KINGSTON

### TOP 5 COMIC-BOOK CHARACTERS HE'D LOVE TO TAKE ON IN THE RING

1

"Spider-Man—it would be a mirror match in both trash-talking and athletics!"

2

"Wolverine—a true test for me, what with his healing powers and everything."

3

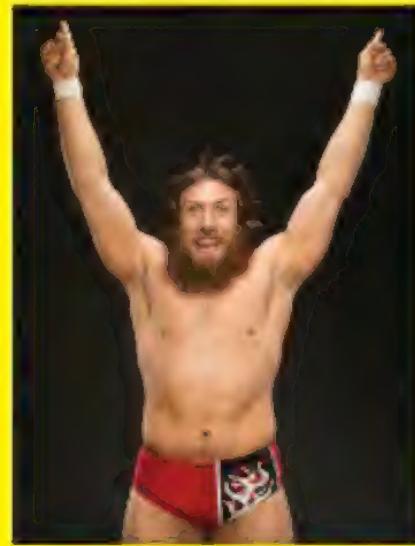
"King Pin—never liked him as a character!"

4

"Batman—he's a human with no powers, but he's still able to defeat those with them. I'd love an opponent like that."

5

"Nightcrawler—honestly, I just want to see him teleport."



If there's one thing we like doing here at WWE Magazine, it's making lists. So, we thought, why not dedicate an entire issue to this editorial pastime of ours? So we did (we have that power!). Scattered throughout nearly every page of this month's publication is a near-unending array of lists (just like this one from The Wildcat, Kofi Kingston, see left). We've also boldly named the 75 Greatest Matches of the 21<sup>st</sup> Century (can't wait to read your emails and Tweets about that one); plus, we've decided to re-rank our list of the Worst Villains in WWE History (No. 1 is sure to shock you all!). But at the top of our list of things we're most psyched about in this issue is none other than Daniel Bryan appearing on his first solo cover of WWE Magazine. Our top three words to describe it in descending order would be: 3.0 Yes! 2.0 Yes! 1.0 Yes! And, if there's a list you think we missed that you'd like to see in these pages, hit us up on Twitter: @WWEmagazine.



### ON THE COVER

## DANIEL BRYAN



PHOTOGRAPHY BY  
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Eric Heintz

### BONUS

Are the Wyatts  
WWE's scariest  
family?

PAGE 24



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A close-up portrait of Dr. Kristi Egland, a woman with long brown hair and glasses, smiling warmly at the camera. She is wearing a pink top and a necklace with small beads. The background is a soft, neutral grey.

"My own breast cancer journey  
has only ignited my research."

I AM SUSAN G. KOMEN.

*Dr. Kristi A. Egland*

Dr. Kristi Egland knows breast cancer. She had been researching it for years when she was diagnosed with breast cancer herself. Suddenly, she went from researcher to patient. Her personal experience inspired her to focus on innovative new treatments. Today, through a grant from Susan G. Komen®, Kristi studies ways to detect signs of breast cancer through a blood test, which could one day make early detection accessible for more women.

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# BRAWL

• YOUR BARE-KNUCKLE GUIDE TO THE WORLD OF WRESTLING

RAW FOOTAGE

## THE SHIELD JUMPS MARK HENRY

JULY 15, 2013  
BROOKLYN, NY

Few Superstars haven't felt the bite of The Shield, and the night after *Money In The Bank*, the trio succeeded in adding yet another victim to their list. Mark Henry had planned on making his case for John Cena to give him a WWE Championship rematch at *SummerSlam*, but the crew first surrounded The World's Strongest Man then floored him with a Triple Power-bomb. It was a powerful message to the locker room: No one—not even a 412-pound strongman—is safe.

PHOTOGRAPHY BY DAVID GUNN

### 3 MB

TOP 5 OPENING ACTS THEY'D TAKE ON TOUR

1

"Guns N' Roses—a given for every serious rock band..."

2

"Metallica—our bands have so much in common."

3

"Fozzy—we have to say this, right?"

4

"AC/DC—again, a must for those about to rock."

5

"Brian McKnight/Ginuwine—don't make us choose between them."



RAW



BRAWL

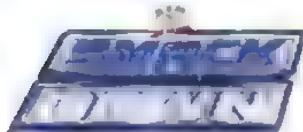


## CM PUNK VS. FANDANGO SMACKDOWN

AUGUST 2, 2013  
HOUSTON, TX

Fandango caused a stir when he interrupted CM Punk's message to Paul Heyman on the 7/26/13 SmackDown, and not simply because of his leopard-print pants. So Punk responded the following week by kicking his frustrations out on the toe-tapping Superstar. But Fandango nearly pulled off the upset—until he went to the top rope, where Punk caught him with a superplex and locked in the Anaconda Vise for a hard-fought win. Don't knock Fandango's hubris—just his timing.

PHOTOGRAPHY BY RICK FREEDMAN





FIVE C'S OF  
C' is for...

1

"Travel—no home turf for us."

2

"Time away from loved ones—what's an off-season?"

3

"Physicality—nothing is more physically taxing than WWE."

4

"Mental—there's so much you're thinking about all at once."

5

"Crowd—you never know what you're going to get. At least we knew we would get cheered at home."

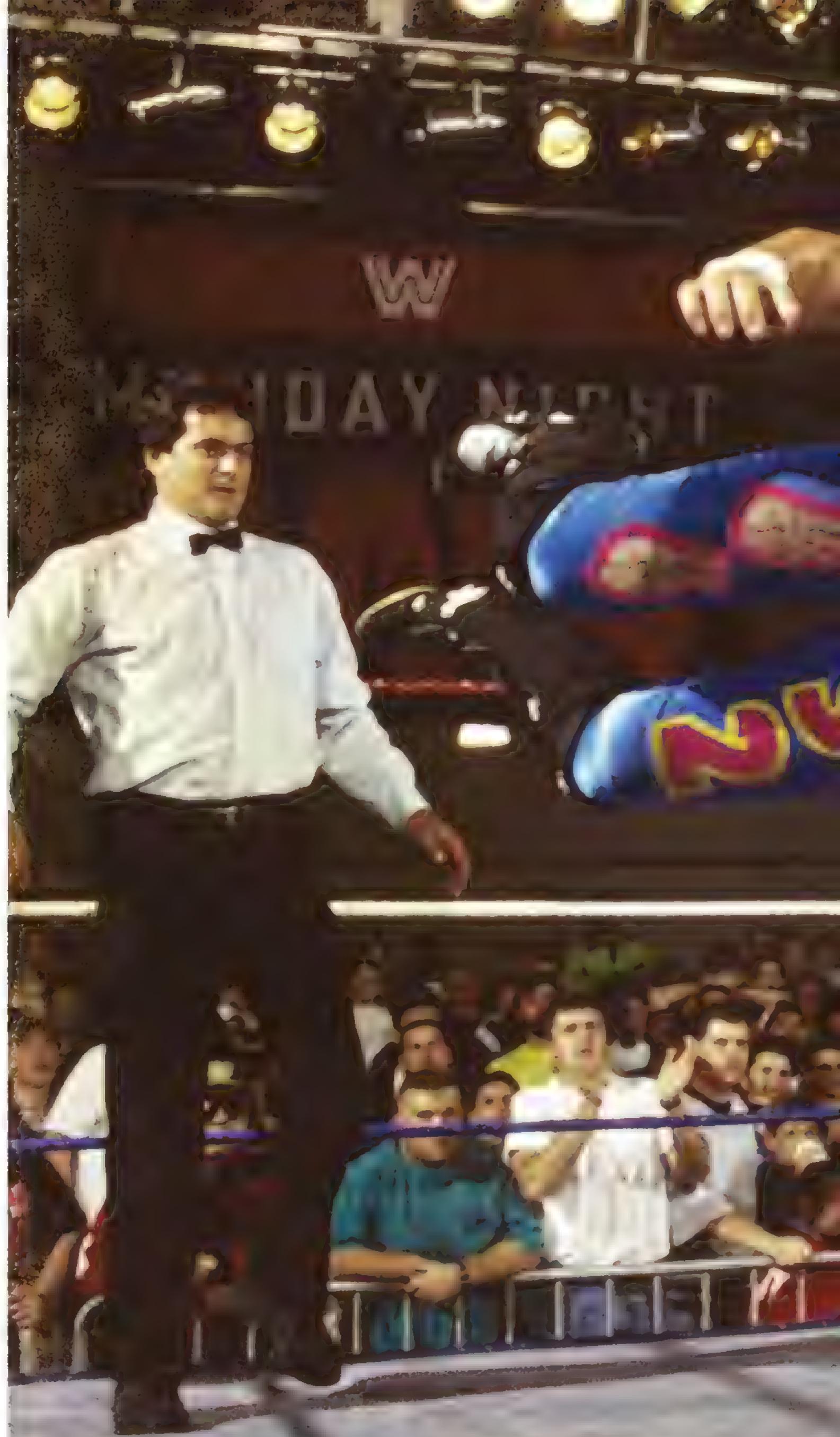


## THE 1-2-3 KID vs. MARTY JANNETTY

RAW

OCTOBER 25, 1993  
NEW YORK, NY

Marty Jannetty and The 1-2-3 Kid created plenty of classic matches with their innovative styles during Monday Night Raw's first year. Case in point: This high-flying October bout, which even interference by Johnny Polo couldn't blemish. When he stuck his nose in their business, these two opponents joined forces to shut up the meddlesome manager. Then, three months after this photo was taken, the duo showed Polo what they were capable of by besting his Quebecers for the World Tag Team Championship.





STEVE AUSTIN  
1993-1996  
ECW Heavyweight  
Champion

1

"His Heavyweight  
Championship win.  
This moment always  
makes me proud."

2

"When he was  
inducted into the  
WWF Hall of Fame."

3

"His ECW return. It was  
a big deal, not only for  
everyone watching,  
but for him."

4

"The Bullrope Match  
between him and  
Steve Corino."

5

"Him, Goldust and  
me in the Six-Man Tag  
Match. We were all in  
the ring together."

## BY THE NUMBERS

## RANDY ORTON VS. DANIEL BRYAN SUMMERSLAM

AUGUST 18, 2013  
LOS ANGELES, CA

Daniel Bryan's years of hard work and listening to critics call him "too small" finally paid off when he decked John Cena with a running knee to win his first WWE Championship. As Bryan held the title for the first time—and held back tears—Special Guest Ref Triple H patted him on the back, seemingly in approval. But the celebration came to an abrupt end when WWE's COO Pedigreed the new titleholder, allowing Randy Orton to cash in his MITB Contract for the easy win. Goes to show you: Don't trust The Game—because you might get played.

PHOTOGRAPHY BY JOHN GIAMUNDO

**SUMMER  
SLAM**



**1875**

Year an Italian textile mill owner first thought of using tiny scraps of colorful paper to throw at parade floats during Carnevale in Milan. In the past, citizens would throw rice or grains to celebrate, but the invention of confetti quickly became a popular tradition.

# 3,289

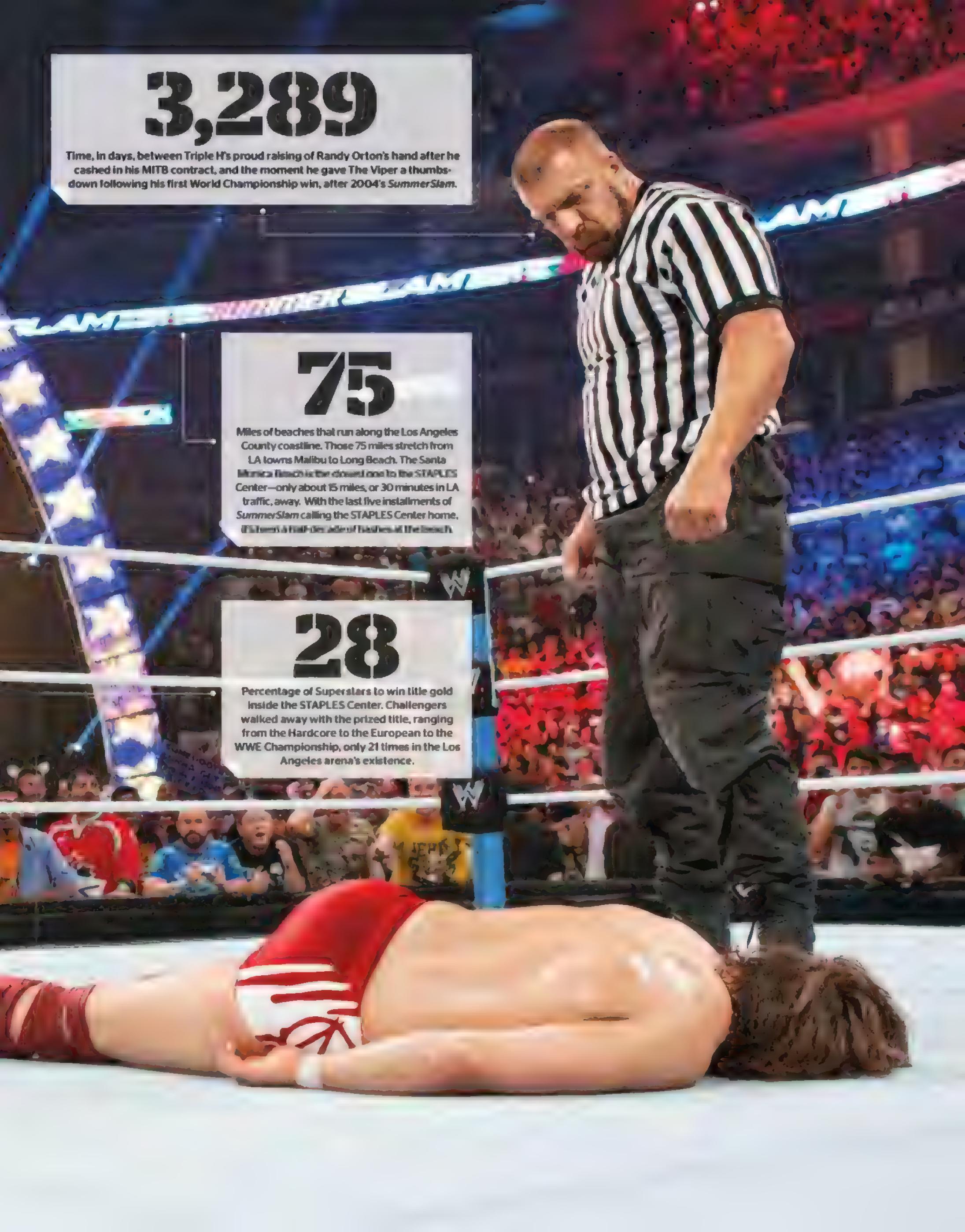
Time, in days, between Triple H's proud raising of Randy Orton's hand after he cashed in his MITB contract, and the moment he gave The Viper a thumbs-down following his first World Championship win, after 2004's SummerSlam.

## 75

Miles of beaches that run along the Los Angeles County coastline. Those 75 miles stretch from LA towns Malibu to Long Beach. The Santa Monica Beach is the closest one to the STAPLES Center—only about 15 miles, or 30 minutes in LA traffic, away. With the last five installments of SummerSlam calling the STAPLES Center home, it's been a full decade of beaches at the beach.

## 28

Percentage of Superstars to win title gold inside the STAPLES Center. Challengers walked away with the prized title, ranging from the Hardcore to the European to the WWE Championship, only 21 times in the Los Angeles arena's existence.





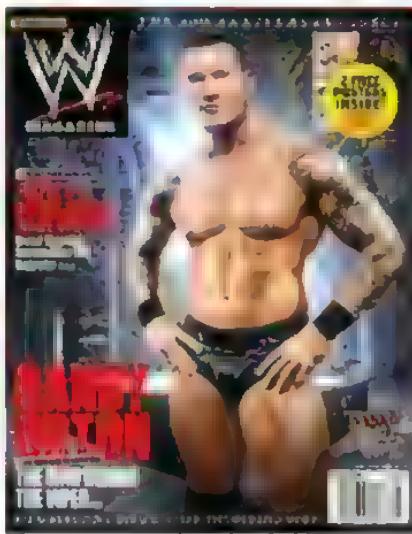
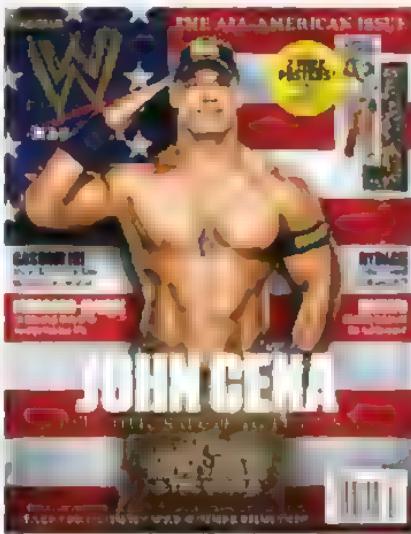
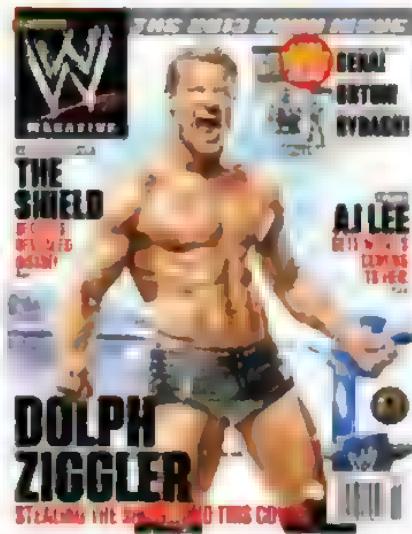
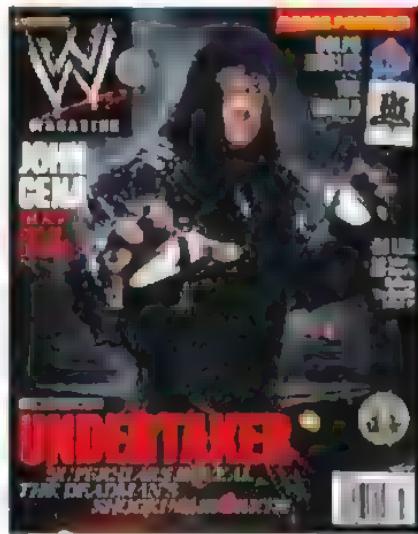


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# Superstars Who've Gone Through Hell

For this year's *Hell In A Cell*, WWE Magazine celebrates these Superstars who've experienced hell in all its shapes and forms. Turns out a brief spell in the Cell isn't the only way to endure torture in WWE.



## 1 NO CHANCE IN HELL

When Mr. McMahon stood in the way of Stone Cold's meteoric rise to Superstardom, he opened upon a ready-seaken can of whoop-ass in his own face. There's no doubt that being on the receiving end of Stunners, taking trips to the hospital, and having one's destroyed with hell for The Chairman



## 5. GO TO HELL

At SummerSlam 2008, Edge became the first Superstar to be sent to the very depths during a match. Following their Cell bout, The Undertaker's Chokeslam is intense that it ripped open the ring (and presumably the Earth). To cap it off, he set fire to the box lambasting Edge.



## 4. THROUGH HELL OR HIGH WATER

After a decade wrestling in the Indies, Bryan was finally brought in by WWE only to be released almost immediately. But he worked his way back and now he's in SummerSlam's main event. Yes! Yes! Yes!



## 3. A LIVING HELL

For Kaitlyn, not only was her heart broken after the cruel, 'Catfish-like' attack from big Li Langston and AJ Lee, she was also dropped (literally) and humiliated in the middle of the ring. On top of that, she got her face like this. Here's hoping the girl gets her groove back soon, or at least gets the to Big E's car.



## 2 GIVE 'EM HELL

There have been only four "Three Stages Of Hell" Matches in WWE history, and Triple H, the three-time World Champion, has taken part in three of them, winning two. The Cerebral Assassin and future WWE Hall of Famer has made the trip his and shownundenable dominance in it.

## WORKPLACE HELL

**Before last year's *Heil In A Cell*, we built a replica Cell around an unsuspecting editor's desk. This year, we hope you'll keep the traditional alive. Here's how to do it.**

## WHAT YOU NEED

- $\frac{1}{2} \int_{-1}^1 (x^2 - 1)^2 dx = \frac{1}{2} \int_{-1}^1 (x^4 - 2x^2 + 1) dx = \frac{1}{2} \left[ \frac{x^5}{5} - 2 \frac{x^3}{3} + x \right]_{-1}^1 = \frac{1}{2} \left( \frac{1}{5} - \frac{2}{3} + 1 - \left( -\frac{1}{5} + \frac{2}{3} - 1 \right) \right) = \frac{1}{2} \left( \frac{1}{5} - \frac{2}{3} + 1 + \frac{1}{5} - \frac{2}{3} + 1 \right) = \frac{1}{2} \left( \frac{2}{5} - \frac{4}{3} + 2 \right) = \frac{1}{2} \left( \frac{6}{15} - \frac{20}{15} + \frac{30}{15} \right) = \frac{1}{2} \left( \frac{16}{15} \right) = \frac{8}{15}$
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- $\int_{-1}^1 x^6 dx = \frac{1}{7} x^7 \Big|_{-1}^1 = \frac{1}{7} (1^7 - (-1)^7) = \frac{1}{7} (1 + 1) = \frac{2}{7}$
- $\int_{-1}^1 x^8 dx = \frac{1}{9} x^9 \Big|_{-1}^1 = \frac{1}{9} (1^9 - (-1)^9) = \frac{1}{9} (1 + 1) = \frac{2}{9}$
- $\int_{-1}^1 x^{10} dx = \frac{1}{11} x^{11} \Big|_{-1}^1 = \frac{1}{11} (1^{11} - (-1)^{11}) = \frac{1}{11} (1 + 1) = \frac{2}{11}$

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4.  $10 \times 9 \times 8 \times 7 \times 6 \times 5 \times 4 \times 3 \times 2 \times 1$   
5.  $10 \times 9 \times 8 \times 7 \times 6 \times 5 \times 4 \times 3 \times 2 \times 1$   
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10.  $10 \times 9 \times 8 \times 7 \times 6 \times 5 \times 4 \times 3 \times 2 \times 1$



## 6 LIKE A BAT OUT OF HELL

6 Apparently WWE HQ is located on a hellmouth, because how else can you explain the vampire trio, The Brood? These three proved they were no extras from the set of *Buffy*, by bathing in oil lamps and being as badass as their entrance music.

#### • Z HELL BATH NO FURY

Many of us have women troubles but nobody seems to have as many as Zack Ryder. The ladies haven't been kind to Zack. Especially Eve, who betrayed the Internet Champion in front of 85,000 people at *Mario XXVII* when she kicked him in the groin.

#### • 8. HELL TO PAY

After losing his savings in the 2008 financial crisis, Shawn Michaels took a job with WWE as his assistant tasked with securing HHH the World Heavyweight Title. But HHH gave him self-taught and broke ties with the tycoon in an All or Nothing Match that restored his wealth.

• 2 BILLION TALES

This wouldn't be complete without a Superstar who was literally "burned." And no, we're not talking about the Johnny Depp flick about Jack the Ripper. We mean Kane, who controls fire with his mind in between therapy sessions.



# BUFFALO—WWE'S BATTLEGROUND!

Buffalo, NY, is the home of the new pay per view, *WWF Battleground*, airing October 5. The Queen City is known for more than its wings and Ralph Wilson. Like these great battles in wrestling history.

## BOFF TEE STUFF



**Triple H vs. CM Punk**  
**Night Of Champions; 2/18/11**  
The King of Kings was fighting not for a throne, but his corner office. This No Holds Barred bout was as hardcore as they come, and saw him prevail and keep his COO title.



**Jeff Hardy a. Edge & Triple H  
Armageddon; 12/14/08**  
Hardy won his first WWE Title this night, and held it for 42 days, which is, coincidentally, the number of wings Joey Chestnut can eat by the time you finish this story.



**Rey Mysterio d. Eddie Guerrero  
The Great American Bash;  
7/24/05**



Every 30 days, *WWE Magazine* celebrates the roster's most malicious malcontents and all the evil machinations they've wrought on the WWE Universe by honoring them with our prestigious trophy. Say hello to this month's bad guys: **Jack Swagger & Zeb Colter.**

#### "THE REAL AMERICANS" JERK INDEX

**We're Willing To Overlook**

Zeb's a lot more than a mouthpiece and *so* he doesn't stand by by during Swagger's matches. We don't mind him getting involved though, because it means more camera time for his *Stuck Dynasty* monologue.

#### Kind Of Jerkish

Attacking Ricardo Rodriguez was low even for these guys. Whatever their beef with Alberto Del Rio is, it shouldn't be with his manservant. We like our Ricardo best when he's rolling his R's, not having his sanceroled in the Pait of Lock.

#### Major League Jerks

The fiery, antagonistic rhetoric coming out of the mouths of this pair is the equivalent of yelling "Fire" in the middle of a crowded, resting ring. Free speech comes with a price—or the receiving end of an opponents boot.

#### Total and Complete Jerks

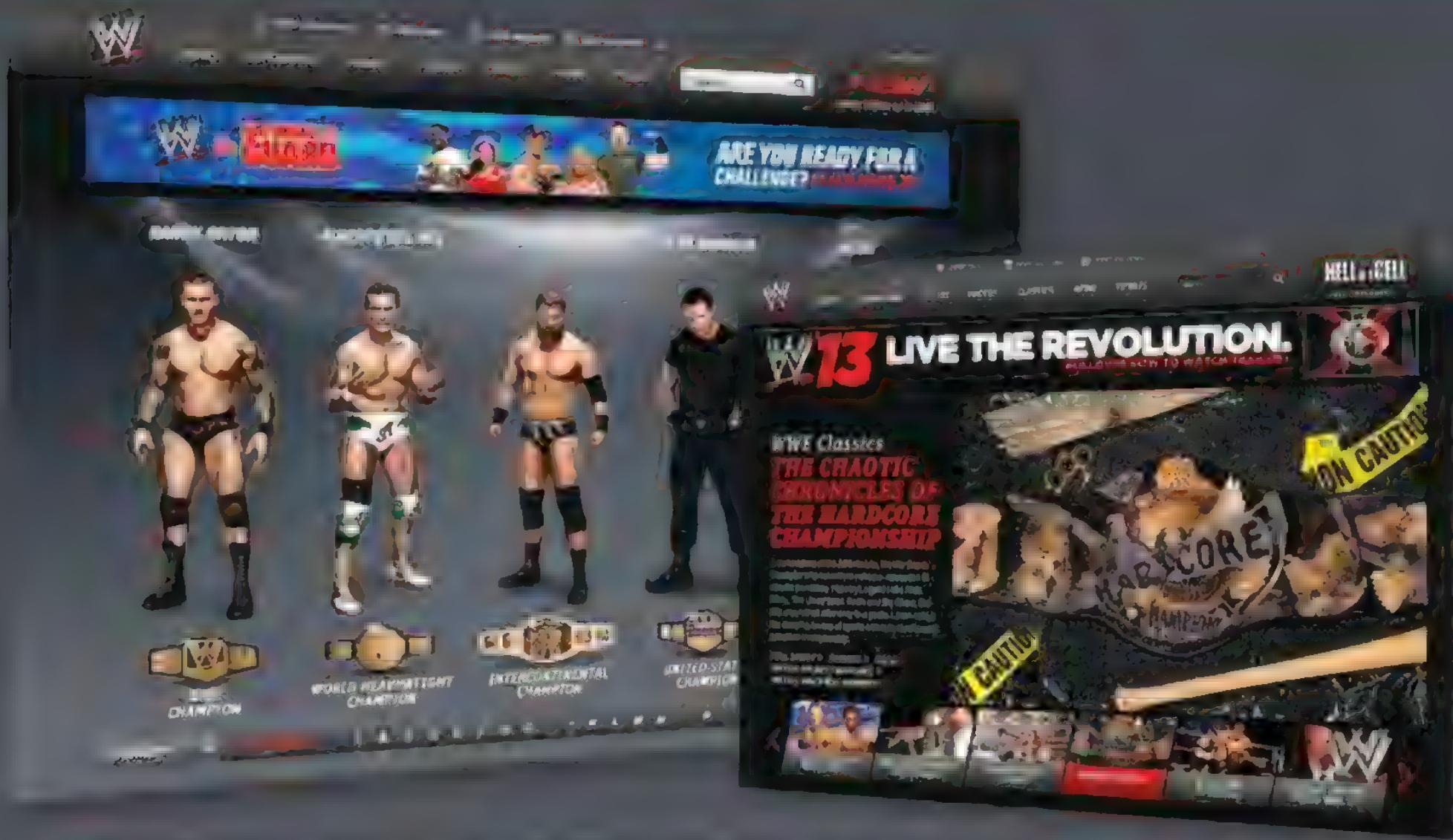
Adding Antonio Cesaro to the stable was a phony attempt to sidestep the criticisms of their bigotry. Why is it OK for a Swiss immigrant like Cesaro to be in the country and not Del Rio guys? The only thing we hate more than jerks are hypocrites! And you two are both!

**Zeb Colter:** I think the people are afraid of the truth—the truth is hard to face. But why is it OK for them to say things about us, and yet it's not OK for Jack and myself to speak our minds? If you look through his story, when people get silenced, that's when everyone's rights are removed and we all become enslaved.

**Jack Swagger:** We say what no one else wants to say, even though they all agree with us. I guess that makes us jerks. Down the road, when everyone finally sees the error of their ways and when the light is finally shining on us all of them—they'll be the jerks.

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# WWE's Wild Cards

There's nothing odd about the wild cards in the world of sports today. Players are getting duller by the moment. But in WWE, these Superstars are unpredictable, crazy and downright weird.



## Dean Ambrose

Being in The Shield means that the screws are already loose, but Ambrose is next-level. The U.S. Champion talks to himself in the ring, and follows no one on Twitter. Who DOES that?

## Fandango

For haters and followers alike, Fandango is a modern-day troll who's just baiting the crowd with whatever odd and silly antics he comes up with in that two-stepping brain of his.

## Brian Pillman

When he wasn't wrestling, he attacked announcers—and that's if he wasn't being dragged out of arenas by guards. He also drew a pistol on Stone Cold. Straight up, cray!

## AJ Lee

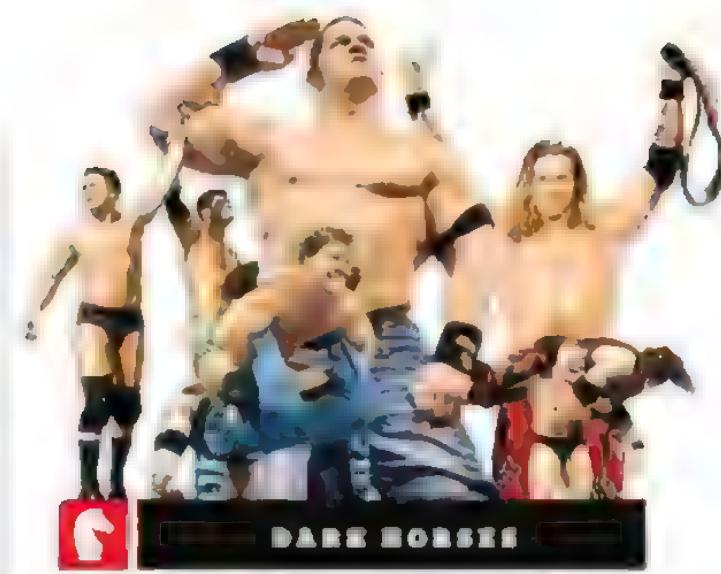
Simply put, AJ's off her rocker. Her stint as Raw GM can be described as nothing short of chaotic, and she's left a trail of brokenhearted men in her wake since day one.

## Goldust

A combination of outrageous in-ring attire, gender-bending antics and overall weirdness, made him the wildest of wild cards throughout his career. Even his music was odd.

## Randy Orton

The Apex Predator is defined by unpredictability. Whether it's puniting his rivals in the head or ambushing champions backstage, Orton has never failed to surprise.



## CARD SUBJECT TO CHANGE

Like a team squeaking into the playoffs on the last day of the season, these five wild cards stepped in at the last minute and made a huge impact.

### OPPORTUNITY KNOCKS

After losing the WWF Title in the first Chamber bout at 2009's *No Way Out*, Edge stole Kofi Kingston's pod in the "King of the Ring" Match, won, and became both the first man out and last man standing in the same night.

### JERICHO'S LUCKY BREAK

At 2010's *Unforgiven*, CM Punk forfeited his World Title prior to the night's Scramble Match. Chris Jericho took the spot, and the god! He's the best in the world at being in the right place at the right time.

### HARDCORE BETRAYAL

Cody Rhodes was Ted DiBiase's mystery partner at 2008's *Night of Champions*, which would've been fine except he was supposed to be Hardcore Holly! They attacked the vet, and The Legacy was born.

### THE CHAMP IS HERE!

After tearing his pectoral muscle the previous October, Cena was scheduled to be out until at least May, but shocked the WWE Universe by winning 2008's Royal Rumble Match at Madison Square Garden.

### TWICE THE PAIN!

The winner of the first match at 2005's *Royal Rumble* earned the last remaining spot in the Rumble bout. Brock Lesnar beat Big Show in the opening contest en route to winning the Rumble as the 29th entrant.



# WWE JOHN CENA'S FAST LANE

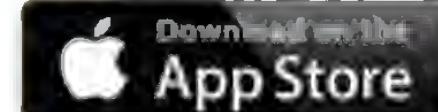
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# Family Affair

Are the **Wyatts** the most frightening WWE family ever? Possibly. Here, *WWE Magazine* examines the Top 10 "scariest" families in grappling history, and how they stack up against one another. Be warned.



## 10 The Anoa'i Family *Scary Huge*

No family in WWE is bigger than this. Seriously. They must multiply like Sinurfs. That means when you go up against one, you may end up going up against the rest of them. Talk about a numbers game.



## 9 The Heenan Family *Scary Smart*

The Heenans aren't bound by blood, but by Bobby Heenan's brilliant mind. He was like a wrestling version of the *Battlestar Galactica* "hybrid." His crew was many, and very successful.



## 8 The Von Erich Family *Scary Popular*

Back in the days of the legendary Dallas Sportatorium and World Class Championship Wrestling, the Von Erich brothers couldn't go anywhere without being swarmed by followers. That kind of crazed adoration is enough to want to avoid them. And you thought "Beliebers" were scary!

## 7 The Hennig Family *Scary Perfect*

Mr. Perfect was so good in the ring (and on the football field, and on the basketball court...) that "perfect" became more than just a nickname. Curtis Axel has demonstrated some of his father's athleticism and skill, too. And with Paul Heyman by his side, he will only get better.

## 6 The Guerrero Family *Scary Shifty*

The legendary Eddie Guerrero coined the phrase "Lie, Cheat and Steal" to win matches, and Vickie has made a name for herself by using her WWE authority to manipulate Superstars and Divas alike. And Chavo? Well, he fell in love with a hobby horse. Guess two outta three ain't bad.



2

## THE WYATT FAMILY

### Scary Scary

► They've only been on the scene for a little while, but their Southern fried spookiness already has us shaking in our boots harder than any banjo riff ever could. And we want no part of the Wyatt com-pound, either. Follow the buzzards? No thanks, we'll make like the crow, and fly as far and as fast as possible.



#### 5 The Rhodes Family

##### Scary Weird

► Goldust's antics definitely carry most of the weird water for the Rhodes clan, but both Dusty and Cody can bring the crazy. Re-watch Cody's descent into madness during his 2011 rivalry with Rey Mysterio or Dusty's 1985 "hard times" promo. Try and make out what The American Dream is saying. We dare you.



#### 4 The Orton Family

##### Scary Violent

► Randy Orton is proof positive that the apple doesn't fall far from the tree, especially in WWE. He takes the same delight in hurting his opponents that his father, "Cowboy" Bob, did. It's only a matter of time, we think, before The Viper starts clubbing Superstars over the head with a plaster cast.



#### 3 The Hart Family

##### Scary Loyal

► The Harts are WWE's version of House Stark from *Game of Thrones*'s Westeros. They're an old family with generations of wrestling history and influence behind them, who are fiercely loyal to each other. But they're also stalwart and traditional, and able to rise above the adversity they consistently face.



#### 1 The McMahon Family

##### Scary Rich

► You don't mess with the McMahons and get away with it. These billionaires simply have unlimited means at their disposal, so there are no lengths to which they won't go to get back at you. That's because when you're in the "One Percent," you are the fly swatter, and everyone else is a fly.

# Fandango's Top Tracks!



The ballroom dancing dynamo shares 10 tunes that get his toes tapping backstage before he waltzes into a big match.

► 10. Snap!

**"Rhythm is a Dancer"**  
"I play this song every time I go out for a walk with my cat."



► 9. Daft Punk

**"Get Lucky"**  
"My favorite song for when I'm working out."

► 8. Miguel, featuring Mariah Carey

**"#Beautiful"**  
"I just #love this #song! You #should too."

► 7. B. Smyth, featuring 2 Chainz

**"Leggo"**  
"This song reminds me of a girl I once knew named Karen. That's all I'm going to say."



► 6. The Commodores

**"Fancy Dancer"**  
"Duh-doy!"



► 5. Enrique Iglesias

**"Tonight I'm Lovin' You"**  
"This one relaxes me before I lay my head down for a little sleep."



► 3. Sage The Gemini

**"Gas Pedal"**  
"This just has an all-around great beat."



► 2. Kendrick Lamar

**"Don't Kill My Vibe"**  
"I like to listen to this track on my iPod when I'm doing yoga because I can feel the changes."



"Hair—only a Superstar like me can pull off an Afro."

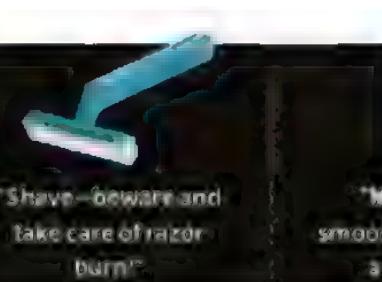


► 1. TLC — "NO SCRUBS"

**"IF THERE'S ONE THING FANDANGO CAN'T STAND, IT'S HAVING DIRTY PEOPLE AROUND ME. I DON'T WANT ANY SCRUBS IN MY LIFE."**



"Shave—beware and take care of razor burn!"



"Moisturizer—smooth skin is always a good look!"



"Pluck eyebrows—you're meant to have two of them!"



"Cologne—who wants to smell bad?"

THE TALE OF PAUL "TRIPLE H" LEVESQUE,  
HIS EPIC BATTLES, AND HIS RISE TO POWER...



# *Thy Kingdom Come*

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# RELEASE THE HOUNDS!

Three *WWE Magazine* editors were given three seemingly random cell phone numbers and told to place a call at a specific time on a particular day. In this exclusive interview, each member of The Shield—Seth Rollins, Dean Ambrose and Roman Reigns—allowed 15 minutes to ask any questions pertaining to their mission to reshape and wreak havoc in WWE, and what their ultimate end game may be.

**I**ndividually, which skills do you think that you bring to The Shield? **Seth Rollins:** I bring an element of speed, and a kind of kamikaze nature about myself. I'm willing to sacrifice my personal being in ways that maybe the other two aren't capable of because of their size or their backgrounds. I'm a tactician—and not in the way of technicality, but in the sense that I'm the planner. I can see things developing from far away or maybe from a distance that other people can't. I'm able to put the pieces in places they need to be to be the most successful.

**Roman Reigns:** People identify me as the powerhouse, or the strength of the group. That's right on. I pride myself on being a powerful athlete but at the same time, I'm still an athlete. I'm not just some big powerlifter who can just only lift weight. I'm pretty nimble; I can adjust against any opponent. If I'm bigger and stronger than a guy, I can really put my weight on him and work him how I want and tire him down. If he's bigger than me, then I can move. I can be agile.

**Dean Ambrose:** I think I'm one of the better technical wrestlers in WWE, and also one of its better brawlers. I have a strict attitude, the type of attitude that takes every match and turns it into a fight. That's where we can take advantage. The most important thing is that we all bring the same thing—the attitude. The attitude is we expect to win when we go out there between the ropes. We expect to out-work and out-brawl and out-fight and out-wrestle everybody we are in the ring with. It's that "take no prisoners" mind-set we all bring—that's what makes it really gel.

**How long did it take to adjust to wrestling in tactical gear? Are there advantages or disadvantages to that unique style?**

**Seth Rollins:** It took some time to get acclimated to our gear, but I'm used to training in weighted vests, so extra weight and mobility weren't an issue. The problem is that they act almost as a sauna suit because they capture and keep the heat in. They capture the sweat, and so they become heavier as the length of the match increases.

**Roman Reigns:** We all just wore trunks previously, so there was a huge, huge adjustment. When we debuted, we wore turtlenecks, and it just felt weird. And then, the next week, we put our own spin on the outfits and went out and got some vests. We started to look at little things that could highlight our personalities and what we'd be more comfortable in. When it comes down to it, especially with me, I sweat a good bit when I'm wrestling, but my vest and my pants—they're made of thick material. They're legit tactical gear. It's not easy, but it just goes great with what we do. It works. I wouldn't change it for the world at this point.

**Dean Ambrose:** The big disadvantage is that they're really hard to keep clean. It's nearly impossible. I've run through about 10 different kinds of vests trying to find the best one to wrestle in. They're not easy to move in. They have so many different tiny buck-



les and straps and things that prod at you and get loose and twist. Sometimes I get really annoyed with them, and I rip them out. On the plus side, though, it looks really cool.

**What is one misconception about The Shield that keeps the WWE Universe from jumping on board and believing what you're saying?**

**Seth Rollins:** We're sort of off-putting because we don't really involve the WWE Universe in too much of what we do. We're not so colorful, we're not so outgoing, and our agenda doesn't really have a lot to do with what the WWE Universe thinks or cares about. Often our agenda is simply to take care of what we need to take care of to help us succeed. So I think one misconception is that we're doing it just for ourselves. The reality is, we're doing what we do to make this place better for everybody.

**Roman Reigns:** I would say the people who don't believe—they've made a choice. It's not that they can't. They're used to how things are. They've been conditioned to like a certain thing or a certain style. But eventually that changes. It's like anything else. People get swayed by a mass of people, and slowly but surely, the believers are adding up. The Shield army is growing. And it's going to get to a point where you're either on board, or you're irrelevant.

**Dean Ambrose:** A major misconception would be that we have to rely on cheat tactics. There's not a numbers advantage in three-on-three contests, and

we were undefeated in three-on-three contests for months. Pretty much what we do, we do. I don't think we're as sneaky or as backhanded—we tell you what we're going to do, and we do it.

**What's it like making your entrance through the arena crowd? The audience doesn't seem to shy away from getting in your face or slapping you on the back.**

**Seth Rollins:** It's pretty cool—it brings a completely different energy to our match or whatever else is going on. The first words of your music hits, and the crowd all stands up and turns around. It creates a different vibe. It throws an element of danger into the whole situation that I don't think you can really get coming out under the TitanTron. The people have figured out that we can handle ourselves, so I don't think they want to put their toe in that water, they stay clear of it.

**Roman Reigns:** What most people don't know is, when we're going through the concourse, there's all kinds of people there—it's pretty electric. They will all gather around us. We're getting reactions before people in the rest of the arena even know we're in the house. As soon as our music hits, it's a different type of reaction. It's definitely a unique feeling, and I'm proud to say it's ours.

**Dean Ambrose:** Once we leave the ground level, we're just on our own. We're just going to that sort of eye-of-the-storm place. You can just relax and

**"WE DON'T WANT TO BURN WWE DOWN. WE'RE BREAKING IT. IT HAS TO BE BROKEN. PEOPLE HAVE TO SEE WHAT THEY REALLY ARE. WE'RE FORCING PEOPLE TO LOOK IN THE MIRROR... THEN WE'LL REBUILD A BETTER WWE."—ROMAN REIGNS**



you're away from everybody. Sometimes there's a lot of people on the concourses and we're going to get mobbed, but you can get annoyed by it, or sometimes it's that extra little bit of hype that gets you revved up. You can't feel the energy of the crowd any better than when you're actually in the crowd. It's a cool perspective to see the ring you're about to be in from where the viewers see it, 30 or 40 rows up, with the whole circus you're about to be part of. It's kind of a cool perspective.

**The Shield's accomplishments in a very short period of time have been quite impressive. What would you say you're most proud of doing during your first year in WWE?**

**Seth Rollins:** I never compromised who I am. In this business, there are many people who give up their personal beliefs or morals to please the masters that be, and I have never done that. I've done it my way, the way I wanted from day one. There's some sort of compromise being made, but I don't think I'm one of those guys you can look at and call a sellout or a kiss-ass or anything else like that. I'm one of those guys who did it my way the whole way, true and true.

**Roman Reigns:** It feels like we've been shot out of a rocket since we started. Sometimes it's hard to live in the moment and just breathe it in. I'd say that, after taking down Undertaker in London, there was an opportunity once it really settled down, and we beat him down. You could just let it soak in and feel the energy and concern of the crowd. But you can't look outside of WrestleMania. I mean, 80,000-plus people. It was unbelievable to kick off that show and tear the house down. I thought we started out 'Mania better than anyone could.

**Dean Ambrose:** The thing I'm probably the most proud of was just being able to deliver and being depended on to be in main events, to be in live events and to be put in there with the likes of Undertaker. Being able to come through, and rising up to the occasion pretty much says it all.



## TRIPLE THREAT!

We asked each member of The Shield to list the all-time ultimate trio of opponents whom they would most like to face. Behold their trifectas.

### ROMAN REIGNS

Triple H, Mr. McMahon and Shane McMahon

"There'd be nothing more that I would love than to just kick a bunch of suits' asses—if you know what I mean. Just take out the whole top shelf. And then run the company."

### DEAN AMBROSE

Buddy Rogers, Bruno Sammartino and Killer Kowalski

"You know we're new-school but we're old-school too. So were these three guys."

### SETH ROLLINS

Triple H, Mr. McMahon and Shane McMahon

"They run the show. And if you're going to kill the snake, you got to cut the head off, so why not start at the top?"

### What happens if you accomplish your goal of tearing WWE apart from the inside out?

**Seth Rollins:** Hopefully you just continue to improve. No system is perfect. There's always going to be kinks to work out, something for us to do. Whether it be personally or exterminating the insects that pollute our universe.

**Roman Reigns:** You have to understand one thing about our mission. We don't want to absolutely

burn WWE down. We're breaking it. It has to be broken. People have to see what they really are. We're forcing people to look in the mirror. We're breaking them down. And then we'll rebuild a better WWE. If anything, that's justice right there. That's the ultimate goal of The Shield.

**Dean Ambrose:** We run the place. But I think we're pretty close to running the place now. I don't think it's too unrealistic, or too terrifying.

# WWE Magazine's 30<sup>th</sup> Anniversary Celebration!

This year we honor a major milestone in this tome's history. Each month, we'll be looking back at some of our favorite stories from our venerable publication's first three decades. **Happy Birthday To Us!**



1988

1990

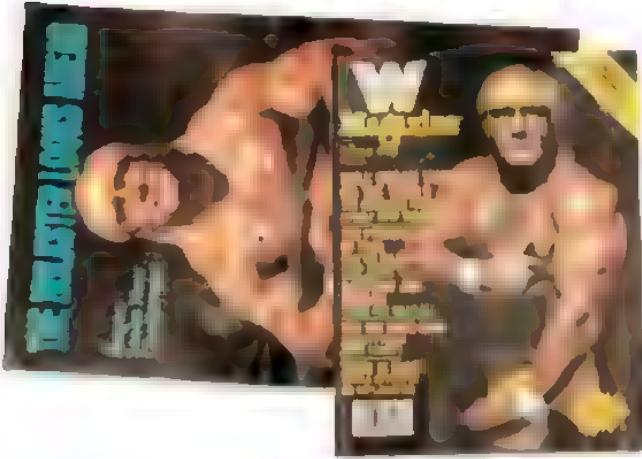
1993

1995

1998

## "The Hulkster Looks Ahead"

WWE Magazine, October 1988



## "Interview: Jerry 'The King' Lawler"

WWE Magazine, October 1993



## "Reinventing The Business"

Raw Magazine, October 1998



2008

2005

2003

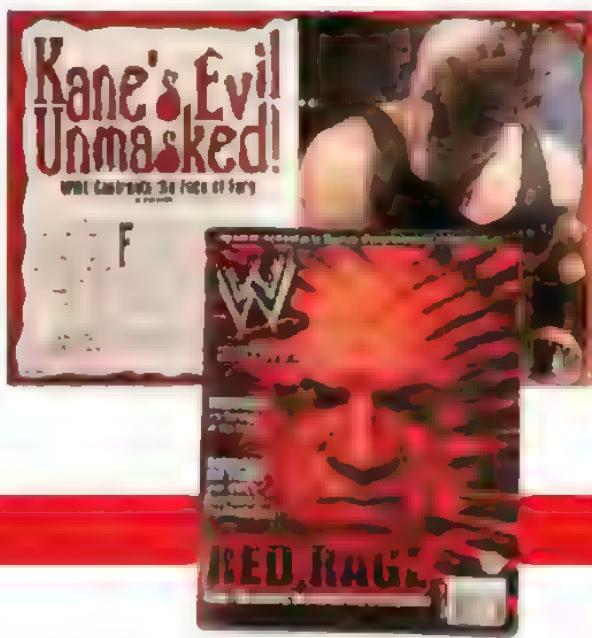
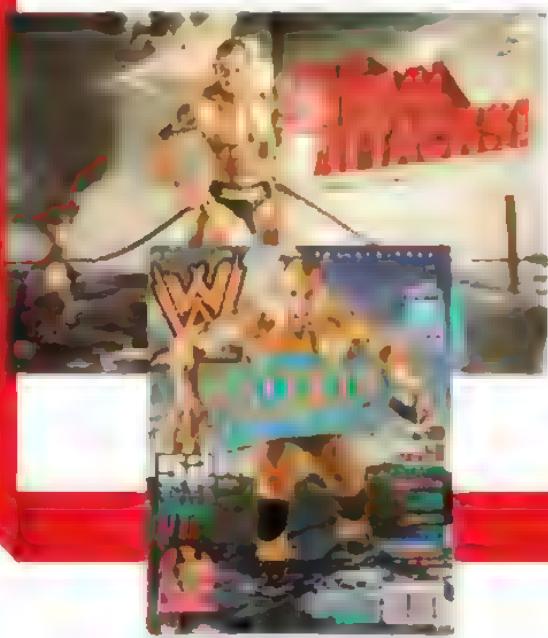
2003

## "When The Animal Attacks"

WWE Magazine, October 2008

## "Kane's Evil Unmasked"

WWE Magazine, October 2003



## "Another Leash on Life"

Raw Magazine, October 2003





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# WWE Alternate Realities

Join us as we transcend space and time to explore what might have become of WWE were we to alter certain history making moments in wrestling history.



## 280

Total number of days Edge retained the first Money In The Bank contract.

### WHAT IF?

#### FACT:

→ At WrestleMania 21, Edge won the first Money In The Bank Ladder Match, and his career reached epic new heights, becoming The Rated-R Superstar and eventually cashing in for his first WWE Championship.

#### BUT SUPPOSE...

→ Edge was not the victor—instead, his former tag team partner and best friend, Christian, wins the match, propelling his career toward the WWE Championship.

#### ENTER THE NEW ALTERNATE REALITY

→ Unlike Edge, Christian immediately sets his sights on WWE Champ John Cena while taking on a new self-imposed moniker—The Ladder Master. Cena is forced to focus on JBL, and after winning a gruesome "I Quit" Match at Judgment Day, becomes the first MITB victim as Christian cashes in and captures the WWE Title.

→ The following night on Raw, Edge attacks a wounded John Cena and challenges his former tag team partner to a title match. Thanks to a betrayal from Christian's bodyguard, The Problem Solver, Tyson Tomko, Edge steals the championship gold. This starts a yearlong feud between the two former best friends with a new vanable: John Cena.

→ The three Superstars exchange wins and losses throughout the year, culminating in a grueling Triple Threat TLC Match at Survivor Series. Christian nabs his second WWE Championship thanks to his new Problem Solver and lady friend, Lita.

→ Through their battles over the past few months, Edge and Cena develop a mutual respect, which results in a new 'E&C' tag team. As for the so-called Ladder Master and WWE Champion, Christian...well, Shawn Michaels has a thing or two to say on both of those subjects.

#### THE CONSEQUENCES

→ The "Rated-R" persona never wreaks havoc across the WWE Universe, as Edge soon becomes a crowd favorite due to his devastating battles with Cena and Christian.

→ The infamous love triangle between Matt Hardy, Edge and Lita never sees the light of day.

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# Show Your Lucha Pride!

Luchador masks are slowly sneaking into sports arenas everywhere. But to date, there's no way to show pride in your alma mater and love of wrestling at the same time...until now. Peep these college football masks we had made up just in time for kickoff!



**MICHIGAN WOLVERINES**  
LET'S GO, BLUE!  
AFC North Division Champs



**OREGON DUCKS**  
FEAR THE DUCK  
Pac-10 Champions! The Dark Army



**LOUISIANA STATE TIGERS**  
GEAUX TIGERS!  
Dink Her Mask On The Bayou



**OHIO STATE BUCKEYES**  
OH-OH!  
Each sticker is an Ohio state



**TEXAS LONGHORNS**  
HOOK 'EM HORNS!  
It's Least Favorite Superstar

## WWE HITS THE GRIDIRON

Stuff this padocious football trivia under your helmet



40

Total tackles that The Shield's Roman Reigns earned as a senior Defensive Tackle at Georgia Tech.



2008

The year that Ron Simmons was inducted into the College Football Hall of Fame. DAMN!

# GAME CHANGE



Just in time for the release of his latest home video collection, *Thy Kingdom Come* (out Sept. 24th), **Triple H** reflects on a career in the public eye, Undertaker's home video debut, and his dramatic transition from the locker room to the boardroom

**Q** **What would members of the WWE Universe be excited to see in this new collection that hasn't been available before?**  
Undertaker has previously never given home video interviews. But I asked him, and he actually agreed to it. You'll see my parents are also in it, too. And they hate being on camera

**Was there anything about your career that you were eager to set the record straight on?**  
No. Here's the thing. I have to have the thickest skin in the business. I'm a guy who busted his ass his whole life. You can ask anybody who was there at the time, I did everything. I never said no to anything, busted my ass, and worked hard to get in the position I'm in. I knew when I met my wife, when we started to have a relationship it was going to change my entire career. I knew that

**These biographies can be incredibly revealing. How do you determine how much access to yourself you want to give?**

One thing about me: I don't put my family in anything. I feel like there's a line that you have to draw. It was jarring for me just seeing my parents doing the interview and talking about my career. There is a lot of personal exposure, and that exposure can be harmful. So when you open that door, you can't be upset when someone comes in. You just have to be careful how much you open the door.

**Is there anything about your career that you'll be embarrassed to see again?**

I had Farrah Fawcett-hair and wore thigh-high leather boots in WCW! It's funny, I can watch what I did a year ago and cringe. You're never happy. Any one who makes it to this level did so because they were never satisfied.



The three-disc set includes bouts picked by The Game himself.

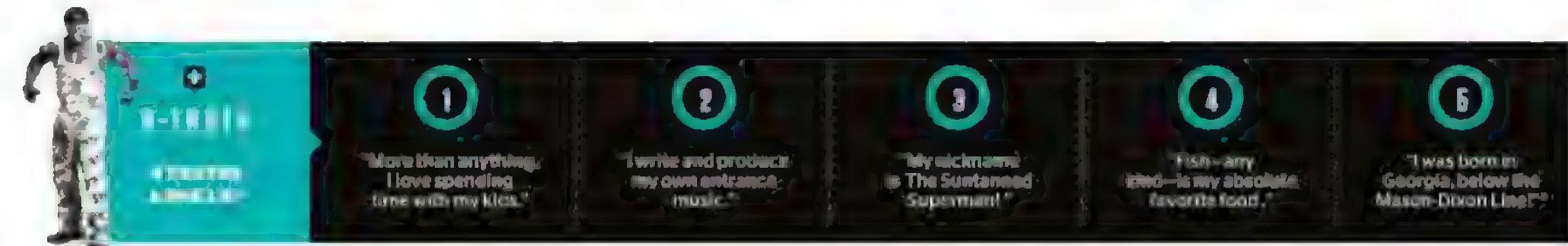
**"I WASN'T THE FASTEST GUY. I WASN'T THE BIGGEST GUY. I WASN'T THE BEST PROMO GUY. I WASN'T ANY OF THOSE THINGS. ... I DIDN'T LEAVE ANY STONE UNTURNED IN GETTING BETTER IN THE BUSINESS. ... THE REALITY IS YOU EITHER MAKE IT BECAUSE YOU WORKED YOUR ASS OFF...OR YOU DIDN'T."**

**Part of your new role involves working with younger talent. What would you want the men and women down in NXT to learn from watching your story?**

With hard work, you can get anywhere. I'm nothing special, from a standpoint of—and this is a cliched line, but—I wasn't the fastest guy, I wasn't the biggest guy, I wasn't the best promo guy, I wasn't any of those things. I improved with all of that. I didn't leave any stone unturned in getting better in the business. There are easy excuses as to why you don't make it. They didn't give me the shot, I didn't get the push; this guy held me down; that

guy didn't let me get over here, they didn't push me hard enough. The reality is that none of that is true. The reality of it is you either make it because you worked your ass off and did all the things necessary—or you didn't.

**A few years ago you told us, the most competitive people you've found are wearing suits, not wearing trunks. Do you still feel that way now?**  
Without a doubt. I had to learn how to be a businessman. At the end of the day it's all common sense. You still have to learn it. But success isn't a destination, right? That's a cliched line but it isn't





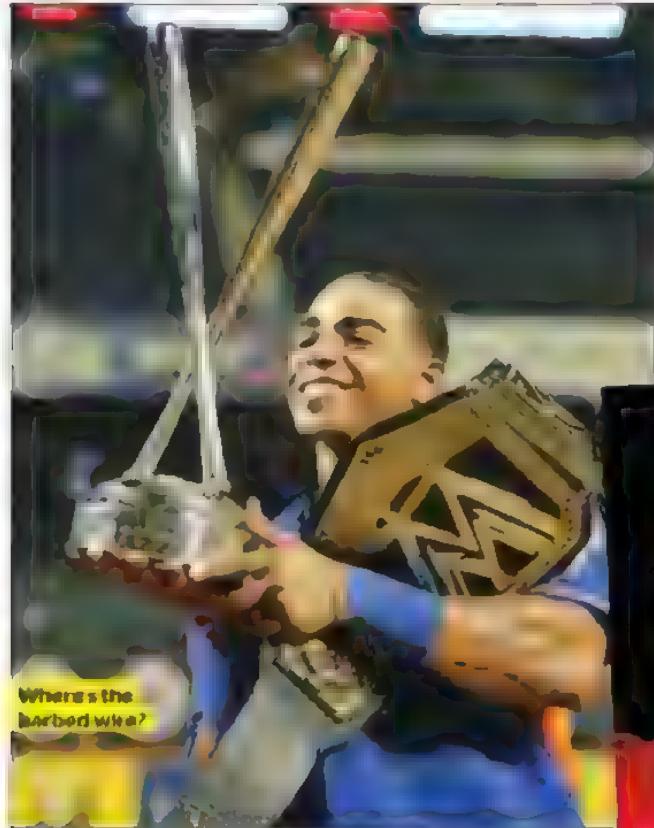
# You Got The Mic!

Where readers sound off on the good, the bad and the ugly in WWE. And we give you awesome swag for it!

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## MLB ♥ WWE

### Dear WWE Magazine,

As a hardcore baseball fan and WWE follower, I of course love the way that WWE is quietly taking over Major League Baseball. Just look at Oakland A's slugger Yoenis Cespedes at the Home Run Derby this year. And now, the Arizona Diamondbacks have a Luchador mascot. Double awesome!

Joe T., Park City, UT



*Between lucha masks at Cubs games, and All-Stars coming to the plate with WWE music, it's only a matter of time before we get the ultimate WWE/MLB crossover—a match between Abe Knuckleball Schwartz and Pete Rose at 'Mania XXX. Book it now!*



### Dream Matchup

### Dear WWE Magazine,

What a great look at Cody Rhodes (September)! But enough of the smoke and mirrors, are we going to see a match between him and Goldust?

Cunner T., Bardey, GA

*Cody says people holding their breath waiting for it to happen again will be waiting a long time*

*"Probably around the time he stops complaining about things on Twitter. He's in the twilight of his career, but he still can go. As for me, I'm not sure what I stand to gain from it. Either I'm getting beat by an old man, or I'm beating an old man."*



HAVE A QUESTION FOR A SUPERSTAR? LET US KNOW!

### Q: Dear Brie & Nikki Bella

I just found out my wife is pregnant with twin girls. Any advice on what I should prepare for?

MEGAN, HOUSTON, TX

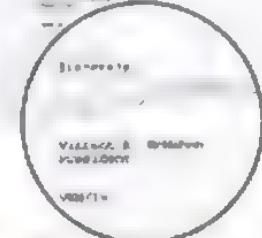
**“Chaos. But there will always be someone for them to play with. So, when you need a break, just stick them both in a room with each other.”**



### EDITOR'S LETTER

#### Assistant Editor

Jeff Laboon unearthed this old letter his mother received long ago—from The Chairman himself. She was a little concerned about young Jeff watching Ric Flair reveal some scandalous Miss Elizabeth photos, and thus, let her voice be heard. Moms can be the worst, right?



#### Editor's Note

**Dear WWE Magazine,**  
AJ Lee is great—who doesn't love a hot chick who plays video games? If she could only play one game (with me, I hope!) what would it be?

Cole N., Blue Grass, IA

*Our response? Keep your controller to yourself. But here's AJ's answer.*

*"I'd pick Mortal Kombat, only because that game is one I could play day-in and day-out."*



### ARTISTS' CORNER

## FAN ART OF THE MONTH

We're always seeking unique drawings of superstars. If you've got the touch, send your work our way!

**SEND IN YOUR WORK!**  
[WWE.COM/ART](http://WWE.COM/ART) we just might publish your doodles! This month, we're giving away a copy of WWE Payback on DVD. See Page 24 for more information!



• NICOLE A., via email •

TERRELL., Laurel, MD

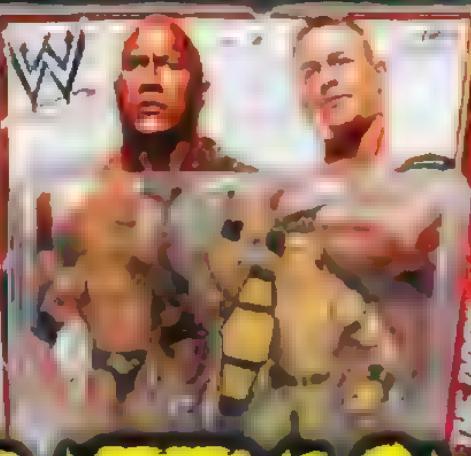
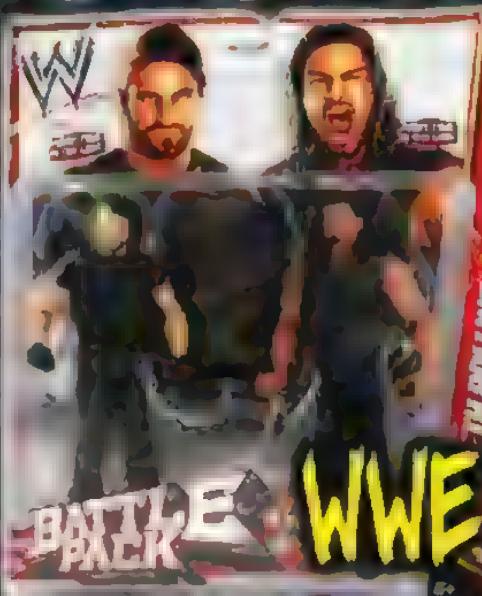


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KNOWLEDGE

# NUTRITION

## Eat Smarter!

Deciphering a food label can be a frustrating lesson in both math and spelling. But with this guide from **Damien Sandow**, you'll discover exactly what's inside and outside the box. You're welcome!



- VITAMIN  
- MINERAL

4kCAL  
grm

FATS



TOTAL  
CARBO

kCAL

### CALORIES PER SERVING

People eat more calories than they should because they're eating more food than they should. Note serving size and adjust vitamins and nutrients accordingly.

### TOTAL FAT

The average person shouldn't consume more than 56 to 78 grams of fat per day. This should be from unsaturated fats, which limit the risk of heart disease.



**KCAL**



### SODIUM

Try not to consume more than 2,000 milligrams in a day. Low sodium foods on average have fewer than 140 mg per serving, and anything beyond 400 mg is way too much.

### TOTAL CARBS

Carbohydrates are a huge part of your daily diet—to the tune of 45 to 65 percent. Too much at once will spike your blood pressure, even if it's coming from "good" sources.

### VITAMINS, MINERALS & FIBER

Proteins, dietary fibers, Niacin, Vitamin A, and Calcium are found on the bottom portion of the label. In these cases, the higher, the better, as long as you keep in mind serving size!

## Nutrition Facts

Serving Size 1 oz. (28g/About 21 pieces)

Servings Per Container About 2

### Amount Per Serving

**Calories** 170    **Calories from Fat** 110

% Daily Value\*

**Total Fat** 11g    **17%**

**Saturated Fat** 1.5g    **8%**

**Trans Fat** 0g

**Cholesterol** 0mg    **0%**

**Sodium** 250mg    **10%**

**Total Carbohydrate** 14g    **5%**

**Dietary Fiber** less than 1g    **2%**

**Sugars** 0g

**Protein** 2g    **0%**

**Vitamin A**    **2%**

**Vitamin C**    **0%**

**Iron**    **4%**

**Calcium**    **0%**

**Vitamin E**    **6%**

**Thiamin**    **4%**

**Riboflavin**    **2%**

**Niacin**    **2%**

**Vitamin B<sub>6</sub>**    **2%**

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	65g	80g
Cholesterol	Less Than	85g	80g
Sodium	Less Than	65g	80g
Total Carbohydrate		65g	80g
Dietary Fiber		25g	80g

Calories per gram:  
Fat 9    Carbohydrate 4    Protein 4

### PERCENT OF DAILY VALUE

This is a guide to the nutrients in each serving. If it contains 30 percent protein, that means it contains 30 percent of your recommended daily intake of that nutrient.



### SATURATED FAT

Your saturated fat intake shouldn't exceed 7 percent of your total daily calories, and most diets put that total around 11 grams. Just make sure to never top 16 grams!

### TRANS FAT

The question isn't, "How much trans fat is OK for my diet?" It's "How can I eliminate it completely?" Some states are banning them all together. Consider yourself warned.

### CHOLESTEROL

High cholesterol affects more than 50 million Americans. But just the right amount does important work for the body. Physicians recommend no more than 300 milligrams a day.

### BEYOND THE LABELS

A list of quick tips to avoid being fooled by your food!



#### SUGAR, WHERE?

What's "Polysorbate 80," you ask? Doesn't matter. If you can't pronounce it, you shouldn't eat it.



#### DUBIOUS CLAIMS

If a food has less than 0.5 grams of trans fat, manufacturers are allowed to tell you that it has "zero percent."



#### BUZZWORDS

Look for words like "raw." Food products are not allowed to claim that unless it's 100 percent true.



#### TOP THREE INGREDIENTS

The first three listed on the label are primarily what you're eating, the rest might as well not be there.



#### “REDUCED” & “LOWERED”

“25% Less Sodium,” means that it's that much less than the original product, which can still be a lot.

KNOWLEDGE

# TWWEET US



## Ask Dolph Ziggler...

@HEELZiggler

**The Show Off** steals your Twitter questions to brag about his knowledge of Chipotle's secret menu, reveal the best part about his personality, and tell us who is the smartest man in the business.

• If you could steal anyone's girlfriend in history, whom would you choose?

Harper T; Anaconda, MT

• Easy. Blair from *The Facts of Life*. She was mean and condescending to the rest of the girls, but I'm into that, so it's cool.

• What is the most insane thing that you've ever done for love?

Butch F; Culpeper, VA

• If you recall my history, you'd know that 'love' really isn't my best area. But I will admit this to you all. I grew a beard once for a girl. Actually let me rephrase that. I tried to grow a beard. She wasn't worth it.



• What's the best way to dive into your brain?

Paul V; Anchorage, AK

• Bobby 'The Brain' Heenan. He was great at attracting people to his brain.

• Do you always watch your matches again the next day, or try to avoid that all together?

Cam H; Foster, RI

• I watch as many times as I can, even if it's just clips on my phone. It's not because I enjoy it, it's because I'm constantly on the lookout for how I can do better.

• Have you seen the "Here to show the world" meme that's all over the Web, which features you cashing in your Money In The Bank briefcase on everything?

Dan T; New York, NY

• I've seen a few. It's kind of flattering to be a part of pop culture like that, but at the same time I don't really care what other people do with their spare time. I just like going out there and being better than everyone at everything.



## AWESOME AUSSIE ACTION!

The Superstars and Divas pump up to go down under.



**The Miz**

15 hour flight to Australia I brought 7.5 hours of ACDC and 7.5 hours of Fosters commercials. Australia I'm ready are you?



**John Cena**

At LAX about to embark on a wonderful tour of Australia and China! Look forward to seeing @WWEUniverse on the other side of the planet!!



**Zack Ryder**

This 16 hour flight to Australia is not going to be #SSSSICCCCCKKKK!



**Antonio Cesaro**

I'm coming to a land down under. You better run, you better take cover. #WWE Melbourne



**Curtis Axel**

On board. Headed to Australia to defend my PRESTIGIOUS title! After all...I am the @WWE INTERCONTINENTAL CHAMPION!



**Natalya**

Ready to fly out to Australia and I'm bringing @GreatKhaliSays!

## GOT A BURNING QUESTION?

In the coming months we'll be soliciting Twitter questions for Zack Ryder, R-Truth and Kofi Kingston. Fire off your best queries on any subject to @WWEmagazine. Who knows, if your questions are interesting enough, one of them just might make it into *WWE Magazine*! And you thought the Web was just for stealing music.





101  
WORST  
HABITS  
A GUIDE TO  
HABITUAL HUMILIATION



"Lazy texting—  
it's not cool, and I'm  
not impressed."



"Too much makeup—  
I don't like wearing  
lipstick."



"Uninformed—read  
the news, ladies."



"Idle grammar—  
ain't nobody got time  
for that."



"Uses an electric  
toothbrush—It's a  
dealbreaker,  
seriously."



KNOWLEDGE

# BODY SHOP

## Train Like A World Champion

Become a lean, mean, arm-barring machine with this MMA inspired workout, demonstrated by **Alberto Del Rio**.



**It** Alberto Del Rio looks like a well-trained fighting instrument, but it's because he is one. Del Rio honed his physique after a lifetime of amateur wrestling and mixed martial arts, transforming himself into a lethal weapon. Literally. "You don't have to be locked in a ring to look and feel like a fighter. But you absolutely need to be strong and possess enough muscle mass to hit hard and get hit hard," says trainer Adam Cope and (not the WWE Hall of Famer) <http://www.muscleandfitness.com>. Perform these three supersets, three times a week over the next month. Ready? Fight!

**"I don't spend five or six hours in the gym like most WWE Superstars. I still train in boxing, jiu-jitsu and amateur wrestling. It's only when I'm on the road that I'll go to a traditional weight-lifting gym." —Alberto Del Rio**

BY MAX BARRE  
PHOTOGRAPHY BY JASON TANAKA BLANEY

1

**MEDICINE BALL PUSH-UP (AT LEFT)**

**Three sets of 10-12 reps**

This set is all about building endurance. With both hands on a medicine ball, lower your body into a push-up as one unit. Drive through your hands, with elbows tucked tight, and extend your arms.

2

**HANGING KNEE RAISE (NOT SHOWN)**

**Three sets of 10-12 reps**

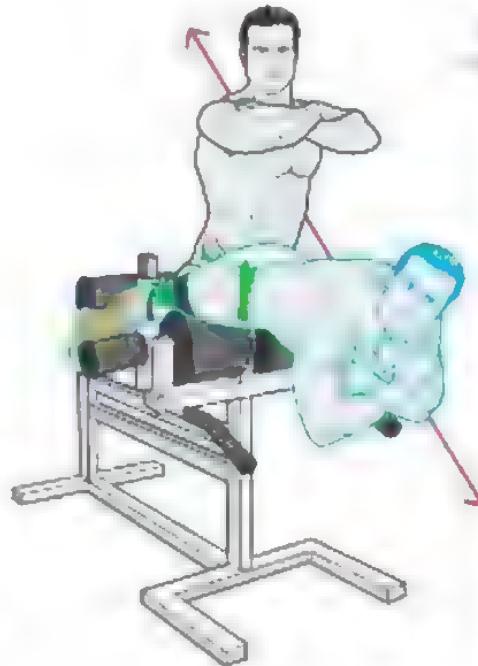
Hang from a pull-up bar with an overhand grip. Bend your knees, and, keeping your hips under you, contract your core to bring your knees to your chest. Then, lower your knees under control. That's one rep.

3

**GLUTE HAM RAISE**

**Four sets of 6-8 reps**

These two exercises are designed to work every single muscle in your backside. First, adjust the bench so your feet are secured and your thighs are on top of the pad. Lower your torso toward the floor. Squeeze your glutes, to bring your torso back toward the ceiling, and then drive your knees into the pad until you are completely upright.

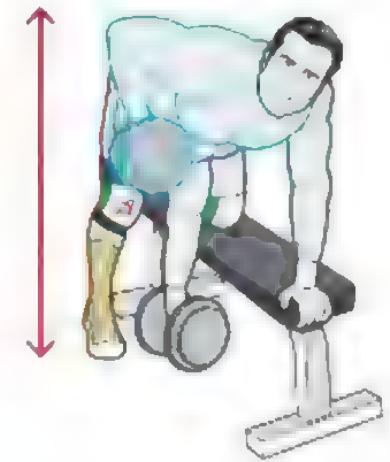


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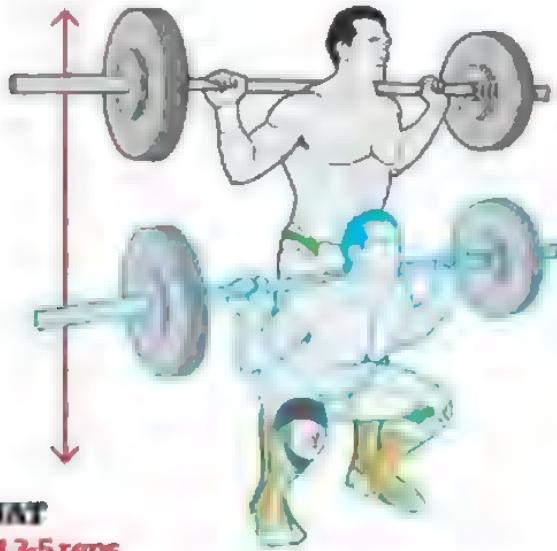
**SINGLE-ARM DUMBBELL ROW**

**Four sets of 6-8 reps**

Begin by placing one knee and one hand on a flat bench. Hold a dumbbell in your other hand and extend your free leg. Tighten your core and row the dumbbell to the bottom of your rib cage, while keeping your elbow in tight. And then, lower the weight under control. Do all reps on one side, then switch arms.



5

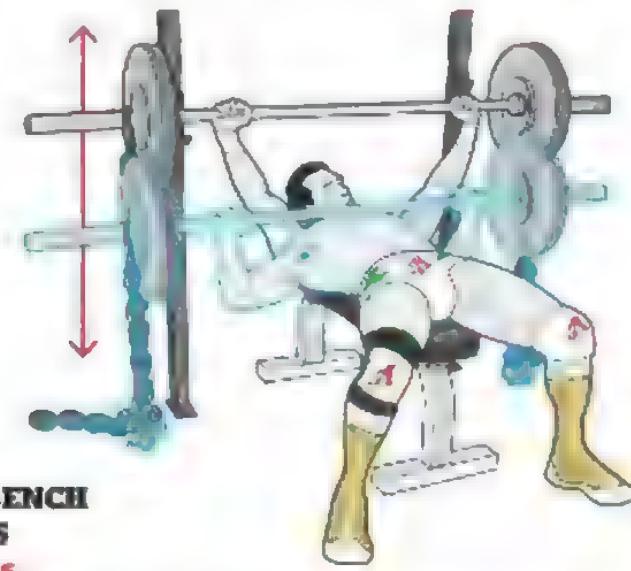


**BACK SQUAT**

**Five sets of 3-5 reps**

This superset focuses on total-body strength. To squat, rest the bar on your traps, with feet hip width apart. Sit down deep, thighs below parallel to the floor, then drive through your heels to stand up.

6

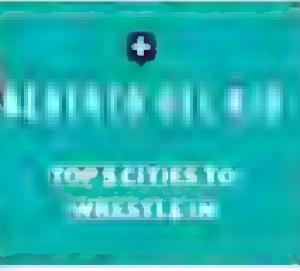


**FLAT BARBELL BENCH**

**PRESS WITH CHAINS**

**Five sets of 3-5 reps**

Attach chains on either side of the bar, with some of the chains lying on the ground. Then, press. Chains build resistance at the top, where you're strongest, and decrease at the bottom—your weakest point.







**"If a guy holds the door for me, my first instinct is to say 'Oh no, sir, after you.'"**

**—Layla**



FOR AN EXCLUSIVE VIDEO OF LAYLA  
DOWNLOAD THE WWE MAGAZINE APP  
AVAILABLE ON THE IPAD, ANDROID + KINDLE

KNOWLEDGE

# WWE QUIZ

## What Do You Know About... WWE and Lists?

The biggest triumphs, the toughest challenges, and the array of champs who've come and gone throughout the years all contribute to the long and ever-changing lists documented in WWE's deep history. Here are 10 questions to see if you've been keeping track of it all! Pencils up.

### FAMILY TIES

**1** Originating from Samoa, the Anoa'i family is the biggest in WWE history. We've eliminated a handful of Superstars from their family tree below. Can you identify the missing relatives?

Tovale Anoa'i



Amiliuana Anoa'i



Leah Maivia

(1977-2001)

Toa Maivia



Ata Maivia



Lynn Anoa'i

Afa Anoa'i

Tumua Anoa'i

Junior Anoa'i

Sika Anoa'i

Patricia Anoa'i

Vera Anoa'i

Solofa Fatu

Dwayne Johnson



Reno Anoa'i

Rodney Agatupu

Matt Anoa'i



Sam Fatu

Eddie Fatu

Solofa Fatu, Jr.

Talisua Fuaval



Afa Jr.

Lynn Tovale Anoa'i

Lloyd Anoa'i

Monica Anoa'i



Joshua Solofa

Thavana Monalisa



**2** The Hardcore Championship saw 229 different reigns shared among 52 different Superstars. In which of the following countries did the title NEVER change hands?

A Mexico

B England

C Canada

D Scotland



**3** Stone Cold has Stunned countless Superstars over the years. He earned his first WWE Championship by Stunnering \_\_\_\_\_ at \_\_\_\_\_ with the help of special enforcer \_\_\_\_\_.



**4** WHO AM I? I've managed more than 40 clients during the course of my career, from Superstars such as Jimmy Snuka and Hardcore Holly to Rob Van Dam and Big Show.

A Bobby Heenan

B Paul Heyman

C Michael Hayes

D Jimmy Hart



## 5 Then We broke off into many incarnations with different names. Can you spot the fake below?



-  ThenWo Hollywood
-  ThenWo Elite
-  ThenWo 2000
-  ThenWo Millennium

**6** In Y2J's "1,004 Holds" promo, which of the following was NOT named?

- A** Japanese Jumping Bean Arm Bar
- B** Shooting Star Staples Super Press
- C** Moss-Covered Three-Handled Family Gredunzel
- D** Saskatchewan Spinning Nerve Hold

**7** WWE Hall of Famer Edge holds 31 titles. Can you list how many times he won each respective championship?

- A U.S. Championship**
- B WWE Championship**
- C World Heavyweight**
- D I-C Championship**
- E Tag Team Championship**

**9** I was voted into the No. 1 slot on  
WWE.com's long-awaited list  
ranking the 25 hottest bodies in history.



THE END

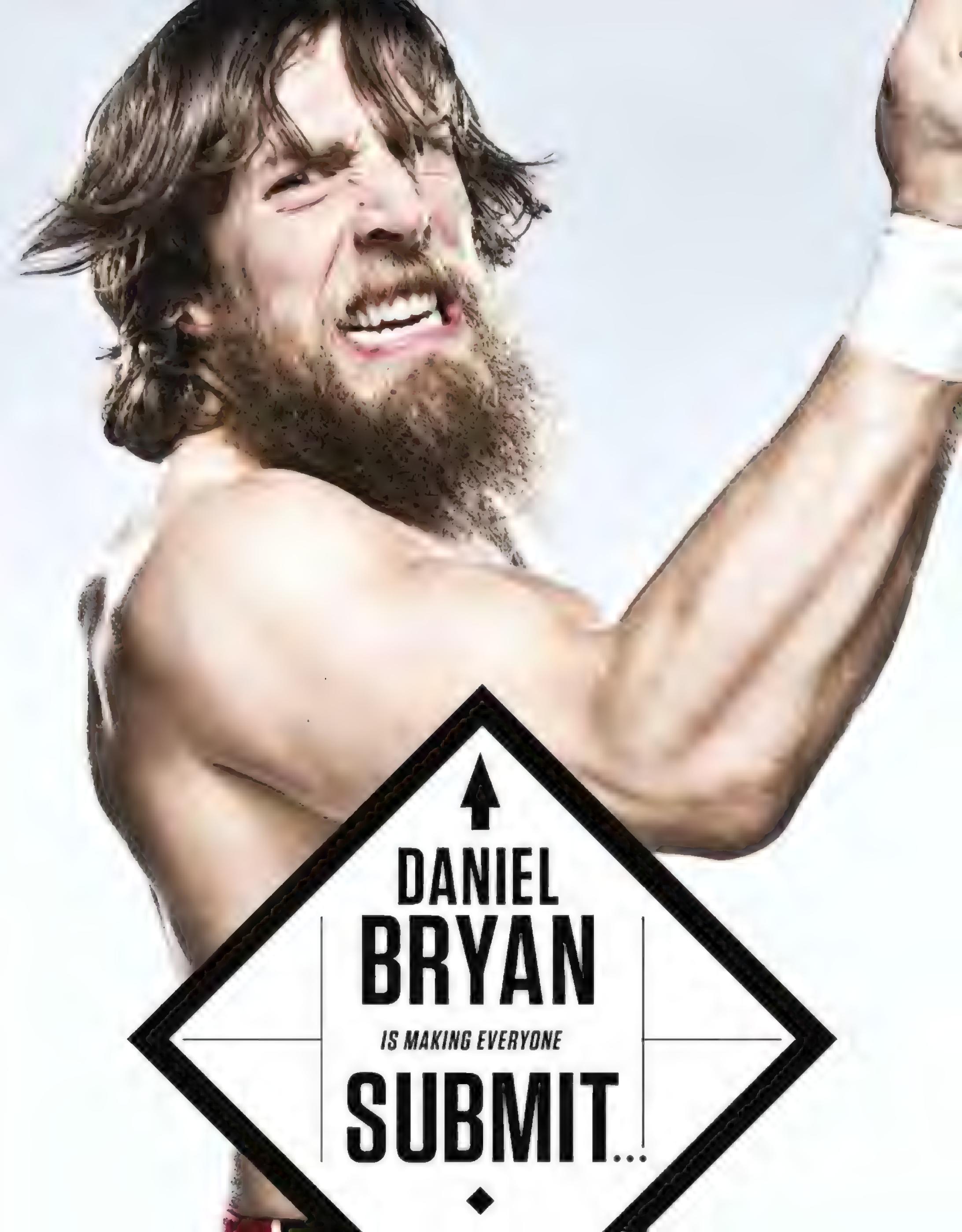
**Did you retain enough wrestling know-how to call yourself "The Brain"? Or did you crumple harder than the Spanish announce table? Match your responses to the answers below to see where you rank in terms of WWE Universe intelligence.**



**8** **TRUE OR FALSE?** The Shield have been putting together quite the hitlist since their debut at 2012's Survivor Series—their first victim was Ryback, who was attacked during his match against John Cena and CM Punk for the World Heavyweight Championship.

**10** Which percentage of the 18 *King Of The Ring* winners in history also had the honor of winning the WWE Championship?



A black and white photograph of professional wrestler Daniel Bryan. He is smiling broadly, showing his teeth, and has a beard and mustache. He is wearing a dark, button-down shirt. The background is slightly out of focus.

# DANIEL BRYAN

*IS MAKING EVERYONE*

# SUBMIT...

*“including the people who said he’d never make it to the top! The man who’s been called a “goat” just might turn out to be the “greatest of all time.”*

#### What does it mean to potentially be poised to be the new (hirsute) face of WWE?

It's funny, because I don't see myself as the new face of WWE. Maybe that's a problem, but I still see John Cena as the face of the company, until somebody unseats him. That doesn't mean just beating him—it means changing what people think of as the face of WWE. If you talk to casual people, he's the face. He's been that for at least the last six or seven years. It'll take time for anyone to unseat him

**Is that something you want? It's a pretty big role. Do you think that you could handle that?**  
That's definitely something I would like to do. I want to be in that spot. If you get into this business not wanting to be in that spot—now, I'm not saying you shouldn't do this if that's not your thing, because some people just like wrestling. But for somebody like me, my goal is to always be the best, and the best isn't about just being the best in the ring. For me, I've always aspired to be that wherever I worked. When I worked in Ring of Honor, I aspired to be the man in Ring of Honor, and I became that. In Japan, you only get limited opportunities, but you want to be that and always want to be the guy they rely on. When people think of that company, you want them to think of you. Sometimes you try and sometimes you fail, but if you don't try, then you are never going to be there

#### How would you describe Daniel Bryan to someone who's unfamiliar with WWE?

That's very difficult, because I've had people say, "Oh, you're a wrestler? What's your character?" Well, I'm an eccentric, small guy. I think of myself as a bearded, hippie-anarchist-Napoleon-complex-

type character. That's pretty much what I think. I don't know what you guys think. How people perceive themselves is always different from how others perceive them, so I don't know what other people think when they see the Daniel Bryan persona. I also think a very interesting part of it is that often what you see is just the real me.

#### Have you changed much in the past year or so?

There are things that I have to do at this stage that I've never had to worry about before. I've never really had to worry about protecting myself. So I have to be a little more assertive with that stuff. I've also tried to dress a little bit nicer. And that's going incrementally, just to kind of fit the spot. It's like, "Hey, you're becoming the top guy here in WWE, you need to not show up in a T-shirt." So that's a work in progress. Most of my life hasn't changed, though. Everything still feels kind of the same. Nobody's treating me differently. I don't feel like all of a sudden I'm the star. It doesn't feel like that at all. I still feel the same way I felt two years ago.

#### Many recent events led to your rise, but which do you think was the most effective?

I think it's the "Yes!" chant getting a life of its own. There was no way of knowing that was going to happen. That certainly wasn't the plan when I started doing it. But the momentum just kind of carried that over, and here we are, more than a year later, and people are still doing it. Also, the tag team combination with Kane was never supposed to take off the way it did—and we just clicked. That made me into a very likeable personality for many people, I think—somebody viewers wanted to see on their TV screens. I really became a fun personality to watch.

#### What's the hardest critique you've heard about yourself since you've been in WWE?

It really depends on your definition of harsh. For me, the hardest thing, and it may be the truest thing, and the thing that may affect me more than anything else with regard to getting where John Cena is, is the idea that when somebody who looks like me comes on TV, the casual viewer is just not interested. The idea is that, "Oh, a big, jacked, tough guy is walking down the ramp, this guy's going to go beat somebody up." Then, somebody like me comes down, or even if you see me in the ring, I'm

5'8", I'm small, and, regardless of the beard thing, the casual viewer, who doesn't care how good a wrestler I am, and doesn't care how entertaining I am, they're just flipping through the channels, and they'll stop here or there. Those more casual viewers aren't interested in someone like me. That's one of those things that I don't know how to change. Because that's putting a limit on the extent to which you can go and there's nothing you can do to change it. That, to me, is the hardest critique I can take any critique and work on it to try and make it better. I can't grow inches. That's one of the things to me that seems very harsh.

#### Perceptions can certainly change, though, especially when people are looking for something different to entertain them, right?

The problem—and this has been pointed out to me—is that patience, sometimes, is not always there. For example, for Shawn Michaels to become Shawn Michaels, that took a lot of patience. In 1996, WWE wasn't doing the best, and he was the guy on top. And WWE wasn't doing that well for a while; it was getting to the point where by the time he was contesting matches with Undertaker, he was the draw. If you put him on TV, people would want to keep the channel there. But I'm not convinced that kind of patience exists here in today's WWE.

#### So when do you think you'll be able to breathe and finally enjoy this ride you've been on?

Here's the thing: You need to enjoy all of it. And you need to be able to breathe and appreciate it while it's happening. If I'm waiting for a time to ask, "Oh when can I just relax?" well, that time, that mythical time in the future when I can relax and enjoy my life—that doesn't exist. Most people work, work, work, thinking, "I can't wait until I retire," or, "I can't wait until I get that little vacation time." And I don't want to live my life so that in five or 10 years I can sit back and not do anything. I want to enjoy what I'm doing now. And so it's all about being able to relax and enjoy the moment. Sometimes things are stressful, but most of the time it's a good kind of stress. I'm still relatively young at 32, but I enjoy the challenges. I enjoy thinking how do I make this work? The only thing that wears you down is the travel. And that's just something during the past eight-to-10 years I've gotten used to.

## 10 TAP-OUTS THAT CHANGED THE GAME

*In an age when every single surrender can be recorded, replicated and remixed, nobody wants to be known forever as the guy who quit when it counted. These 10 iconic matches that ended in submissions prove why a tap-out is one of the rarest wins a superstar can earn.*



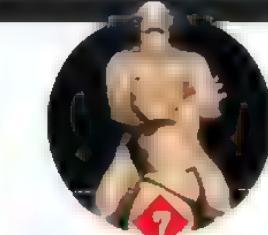
Bret Hart vs.  
Bob Backlund  
Survivor Series 1994



CM Punk vs.  
Undertaker  
WWE Breaking Point 2009



Ric Flair vs.  
Dusty Rhodes  
August 9, 1986



The Iron Sheik vs.  
Bob Backlund  
December 26, 1983



Undertaker vs.  
Edge  
WrestleMania XXIV



John Cena vs. Triple H  
WrestleMania 22



Shawn Michaels vs.  
Kurt Angle  
WrestleMania 21



Bret Hart vs.  
Mr. Perfect  
SummerSlam 1991



Triple H vs.  
Brock Lesnar  
SummerSlam 2012



Bret Hart vs.  
Stone Cold Steve Austin  
WrestleMania 13

THE  
75  
GREATEST  
MATCHES  
OF THE  
21ST CENTURY!

*It's a daunting task—ranking the 75 most incredible matches of this century. But we were up for the challenge. All matches from Jan. 1, 2001, from WWE, WCW and ECW were eligible. We're sure you'll disagree.*

**75. DANIEL BRYAN vs. ANTONIO CESARO**  
Raw, July 22, 2013



Anyone who's followed Daniel Bryan through the Indies knows that The American Dragon doesn't flinch at wrestling for an hour straight. But this night he competed in three consecutive matches. The bout against Cesaro was the best, and ended with a blink-and-you'll-see-it-but-want-to-rewind-it-because-it's-so-awesome small package counter from Bryan to win.

**74. MATT HARDY vs. JEFF HARDY**  
The 25th Anniversary of WrestleMania



Sibling rivalries have always been rough in WWE, but none has ever boiled over with the brutality of Matt and Jeff's Extreme Rules 'Mania bout. Ladders, chairs, tables and trash cans were all used with abandon, but our favorite part remains Jeff's creative use of a blown-up WWE Magazine cover to bludgeon his bro.

**73. EDGE vs. DOLPH ZIGGLER**  
Royal Rumble 2011



With both Superstars embroiled in liaisons with Vickie Guerrero, this match was every bit as emotional as it was athletic. Add the World Heavyweight Title, and you've got a Top 10 favorite for both Superstars.

**72. HULK HOGAN vs. SHAWN MICHAELS**  
SummerSlam 2005



Imagine a returning WWE Icon slamming a rubber ball into the ground and watching it bounce around with no regard for physics. That was this match—a subtle and not-so-subtle example of why HBK is the best of all time.

**71. RANDY ORTON vs. RIC FLAIR**  
Taboo Tuesday 2004



The opponents were set, but the stipulation—a Steel Cage Match, voted on by members of the WWE Universe—made this bout an instant classic.

**70. TEAM BISCHOFF vs. TEAM AUSTIN**  
Survivor Series 2003



It was Shawn Michaels's show in this Survivor Series matchup. HBK, while ultimately suffering the loss, eliminated both Y2J and Christian in the final minutes.

**69. SHELTON BENJAMIN vs. TRIPLE H**  
Raw, March 29, 2004



Shelton Benjamin is a name that seems to constantly

pop up on "underrated" lists. That's because we can't really think of a bad match that the uber-athletic Gold Standard has ever contested. Putting him in the ring with The Game only upped his drive, and the two produced a back-and-forth battle that didn't disappoint.

**68. THE ROCK vs. UNDERTAKER vs. KURT ANGLE**  
Vengeance 2002



A ring full of star power saw Undertaker enter as WWE Champion and Rock leave with the title—his last as an active Superstar for nearly a decade!

**67. UNDERTAKER vs. RIC FLAIR**  
WrestleMania X8



The Dirtiest Player in The Game sought to halt The Streak by any means necessary. It wasn't to be, though, as Undertaker—in his American Badass incarnation—put Flair down despite Naitch's best efforts.

**66. MIKE AWESOME vs. MASATO TANAKA**  
ECW One Night Stand 2005



Watch this match again—complete with its chairshots, broken tables and powerbombs—and you'll be screaming stuff we can't print at your TV or smartphone.

**HARDCORE/STREET FIGHTS**  
NO DU/ANYTHING GOES

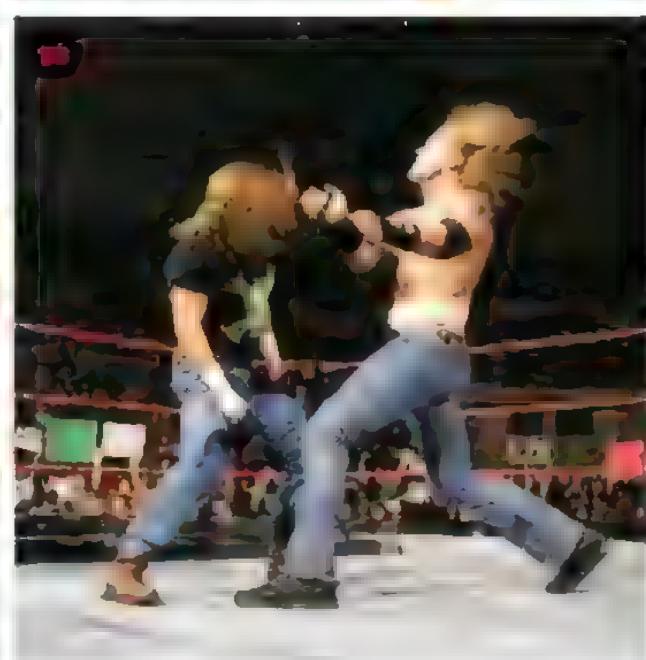
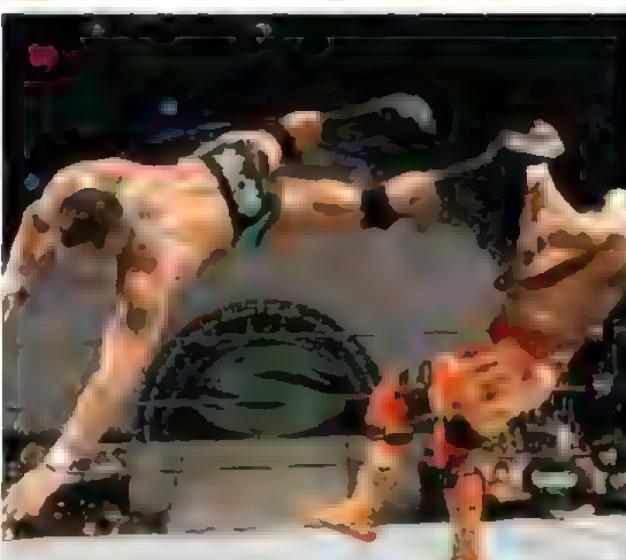
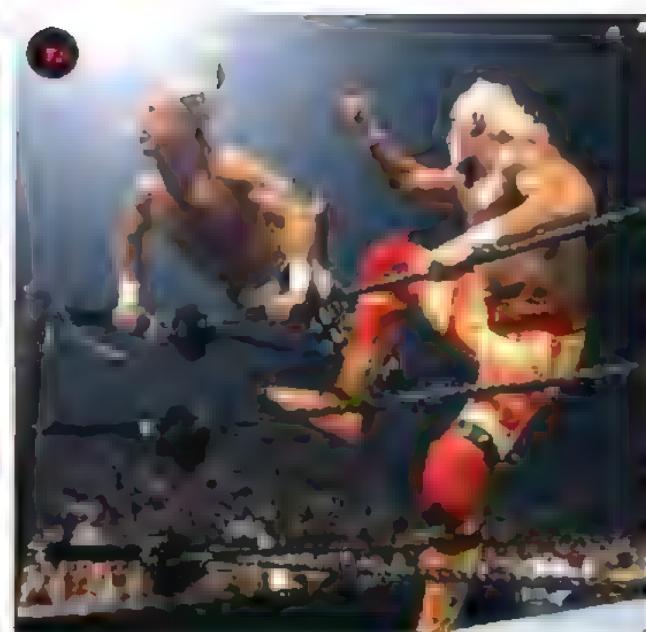
**IMPALER/STAB KILLS**

**LADDER MATCH/TIME**

**LEGEND SIGHTING**

**TIME BOMB**

**LEGENDARY SIGNIFICANCE**



**65. THE WORLD'S GREATEST TAG TEAM vs. BILLY KIDMAN & REY MYSTERIO**  
*Vengeance 2003*

 Kidman and Rey Mysterio found chemistry working together in WCW. Haas and Benjamin, The WGTT, found chemistry by being two elite-level tag team competitors. All four men found fantastic chemistry in the ring, working each others' styles and moves like true technicians.

**64. SHAWN MICHAELS vs. KURT ANGLE**  
*Raw; October 3, 2005*

 A 30-Minute Iron Man Match between the self-proclaimed greatest wrestler in the world, and the WWE Magazine-proclaimed greatest wrestler in the world—we're bummed it had to stop at 30 minutes. But that means we can re-watch it twice as many times...

**63. THE UNHOLY ALLIANCE vs. THE FBI vs. KID KASH & SUPER CRAZY**  
*ECW Guilty As Charged 2001*

 The final ECW PPV left everything in the ring, as evidenced by this high-octane, high-flying, high-risk meeting between some of ECW's staple Superstars. If you want to get a feel for what ECW was about, start here.

**62. DOLPH ZIGGLER vs. KOFI KINGSTON**  
*Raw; September 24, 2012*

 When two Superstars wrestle enough, the WWE Uni-



verse is often eager for change. Not so with Dolph and Kofi, who continually raise the bar of their—and our—expectations regarding how good their matches can be.

**61. HULK HOGAN vs. RANDY ORTON**  
*SummerSlam 2006*

 Orton even went so far as to use Hulk's daughter, Brooke, as a pawn to get under The Hulkster's skin. Hulkamania ran wild, though, and The Viper was tamed.

**60. SHAWN MICHAELS vs. SHELTON BENJAMIN**  
*Raw; May 2, 2005*

 The young Benjamin looks like a million bucks in this match against HBK, who ends up clocking Shelton with the most perfectly timed Sweet Chin Music ever.

**59. DANIEL BRYAN vs. DOLPH ZIGGLER**  
*WWE Bragging Rights 2010*

 Ziggler and Daniel Bryan had met before, and have met

since, but this bout seems to be a perfect representation of what they're capable of doing in the ring.

**58. EDGE vs. SHAWN MICHAELS**  
*Raw; January 22, 2007*

 Re-watching this match is bittersweet—on the one hand, we can't look away. On the other, it makes us sad that "retirement" is a thing.

**57. RANDY ORTON vs. SHAWN MICHAELS**  
*Unforgiven 2003*

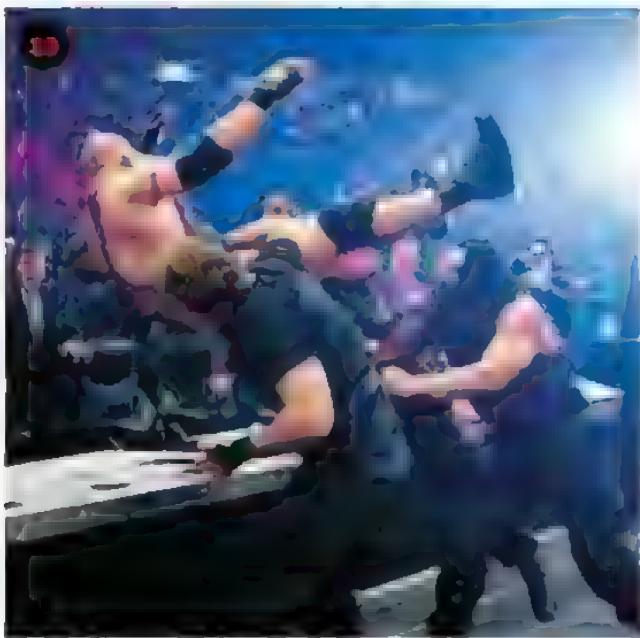
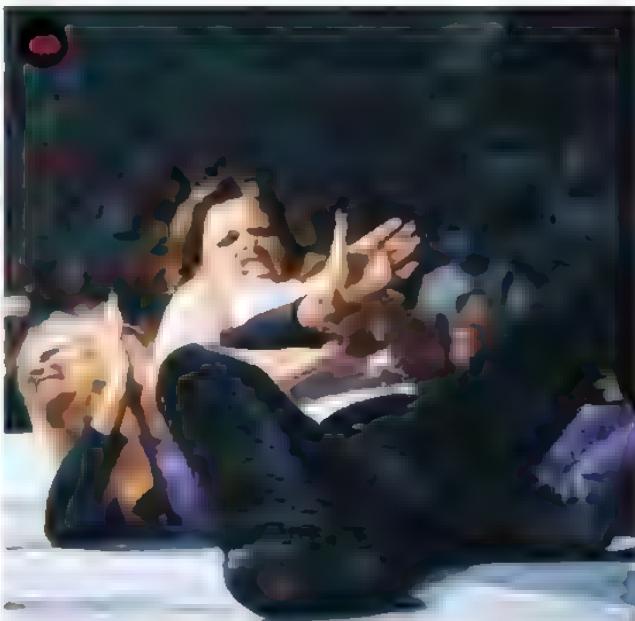
 Orton's ringside mentor, Ric Flair, introduced a pair of brass knuckles, which The Viper used to KO HBK.

**56. BROCK LESNAR vs. BIG SHOW**  
*SmackDown; June 12, 2003*

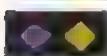
 What better way to end a battle between two behemoths than to pull off a top-rope Superplex that collapsed the ring? Check it out on [WWE.com](http://WWE.com)!

**55. SHAWN MICHAELS vs. REY MYSTERIO**  
*Raw; Eddie Guerrero Tribute Show*

 After the untimely death of Eddie Guerrero, each Superstar and Diva paid tribute in his or her own way. Rey Mysterio—a dear friend of Eddie's—and Shawn Michaels did so by contesting a classic match, free of all grudges and games, designed to showcase the legacy of great wrestling that Eddie was, and will forever be, known for.



#### 54. UNDERTAKER vs. EDGE WrestleMania XXIV



Taker goes 16-0 by defeating Edge to win the World Heavyweight Championship!

#### 53. MARK HENRY vs. DANIEL BRYAN SmackDown; November 29, 2011



Inside the confines of a steel cage, Bryan's reputation for being able to stand toe-to-toe with Superstars twice—or even three times—his size was cemented.

#### 52. JOHN CENA vs. REY MYSTERIO Raw; July 25, 2011



This match showcased Cena's aptitude for going toe to toe with the greatest luchador of all time.

#### 51. ROB VAN DAM vs. MR. PERFECT Sunday Night Heat; March 24, 2002



This match happened when Mr. Perfect made his brief return to WWE in the early aughts. And, as expected, it was a high-flying, precision-grappling affair.

#### 50. TEAM HELL NO & UNDERTAKER vs. THE SHIELD Raw; April 22, 2011



The Shield pushed Taker & co. to their limits and for a

landmark win. We knew this would be special when The Hounds of Justice arrived at the UK arena in a helicopter!

#### 49. MOLLY HOLLY vs. TRISH STRATUS King Of The Ring 2002



Molly's match against Trish Stratus at KOTR proved that, no matter her incarnation, she could still mix it up with the best Divas—past or present.

#### 48. DANIEL BRYAN vs. WILLIAM REGAL WWE Superstars; November 10, 2011



A classic example of student vs. teacher saw the former pupil, Daniel Bryan, pay homage to his one-time mentor, William Regal, by taking The Master Villain, to the limits. This match is your go-to if you want to see some technically proficient brutality!

#### 47. MICKIE JAMES vs. TRISH STRATUS WrestleMania 22



Mickie James proved that she wasn't just an unhinged fluke when she wowed the WWE Universe with an in-ring repertoire that felled the WWE Hall of Famer.

#### 46. CM PUNK vs. DANIEL BRYAN Raw; February 27, 2012



Two former colleagues from the Indies wowed a crowd who appreciated every high spot, counter and submission applied in this example of technical wrestling not seen since the days of Mr. Perfect and Bret Hart.

#### 45. JOHN CENA vs. SHAWN MICHAELS WrestleMania 23



Cena revved onto the scene in a customized Mustang, and went full speed ahead to unseat Michaels.

#### 44. THE ROCK vs. EDDIE GUERRERO Raw; July 22, 2002



Rock and Eddie Guerrero, riding a wave of momentum from his recent WWE arrival, locked horns in a classic.

#### 43. BROCK LESNAR vs. UNDERTAKER No Mercy 2002



This Hell In A Cell encounter surpassed all expectations and was as magnificent as it was ultraviolent.

#### 42. ROB VAN DAM vs. JERRY LYNN ECW Guilty as Charged 2001

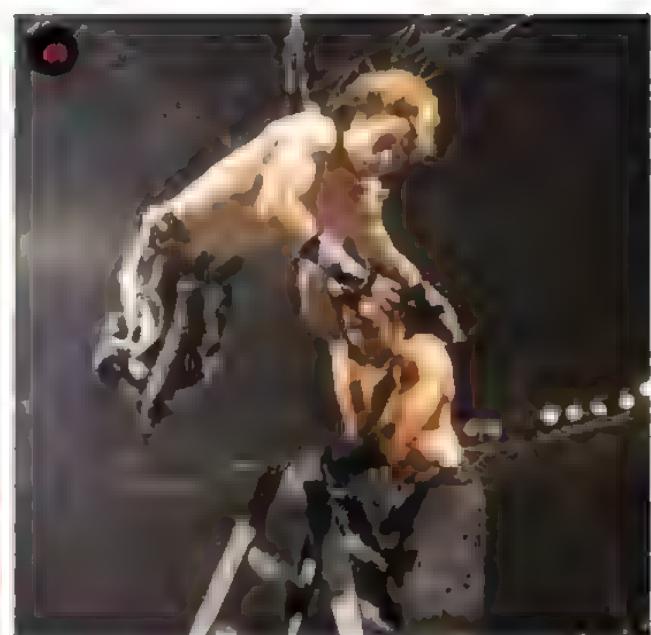
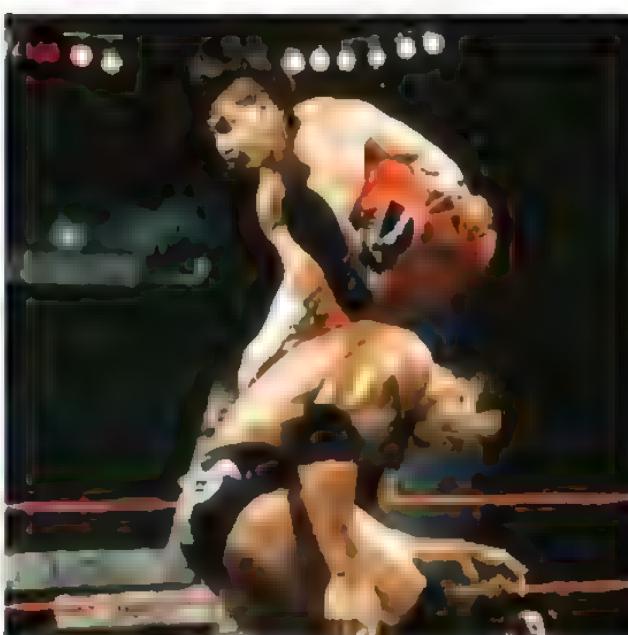


What better way to send off ECW than with a battle between two of its most innovative Superstars?

#### 41. LONDON & KENDRICK vs. THE HARDYS vs. MNM vs. WILLIAM REGAL & DAVE TAYLOR Armageddon 2006



In this memorable match, every team hit the gas with lead feet, and poor Joey Mercury might still be trying to find bits of his nose.



#### 40. JEFF HARDY vs. TRIPLE H *SmackDown; April 12, 2001*



In the upset of the decade, Jeff Hardy—a rookie risk-taker—defeated The Game to capture his first IC Title.

#### 39. THE SHIELD vs. TEAM HELL NO & RYBACK *WWE TLC 2012*



The Shield took to the land and air for a hardcore assault to remain undefeated.

#### 38. ROYAL RUMBLE MATCH *Royal Rumble 2002*



Triple H powered through an eight-month rehab on his road to winning the 2002 Royal Rumble Match.

#### 37. WORLD HEAVYWEIGHT CHAMPIONSHIP MONEY IN THE BANK LADDER MATCH *Money In The Bank 2013*



The Philly crowd made this one to remember. So did Damien Sandow, coming out of nowhere to win.

#### 36. BROCK LESNAR vs. KURT ANGLE *WrestleMania XIX*



Lesnar's infamous Shooting Star Press gets most of the press from this contest, but this bout was a technical clinic from start to breathtaking finish.

#### 35. TRIPLE H vs. BROCK LESNAR *WrestleMania 29*



Putting his career on the line was just the fuel The Game needed to pummel Brock Lesnar into a pinfall.

#### 34. CHRIS JERICHO vs. STONE COLD STEVE AUSTIN *Vengeance 2001*



Austin proved to be a challenge for a primed Chris Jericho in a great example of Y2J's claim to main events.

#### 33. ROYAL RUMBLE MATCH *Royal Rumble 2007*



The 20th annual Rumble made history when it was won, for the first time ever, by the 30th entrant—Undertaker.

#### 32. KURT ANGLE vs. SHANE McMAHON *King Of The Ring 2001*



Who could forget the crash, shatter and sickening thud of Shane McMahon being belly-to-belly suplexed through a plate-glass window?

#### 31. JBL vs. EDDIE GUERRERO *SmackDown; July 15, 2004*



This carnage-filled Cage Match remains an under-the-radar favorite nearly a decade on.

#### 30. RVD vs. JOHN CENA *One Night Stand 2006*



RVD walked into the Hammerstein Ballroom as the hero of the revived ECW, taking down the valiant WWE Champion John Cena, to the delight of the extreme faithful.

#### 29. TRIPLE H vs. SHAWN MICHAELS *Bad Blood 2004*



Former best friends collided inside The Cell, beating each other senseless until only The Game was left.

#### 28. JOHN CENA vs. BROCK LESNAR *Extreme Rules 2012*



Avenging a surprise attack on Raw weeks prior, Cena took Lesnar to the limits of an Extreme Rules encounter.

#### 27. SHEAMUS vs. DANIEL BRYAN *Extreme Rules 2012*

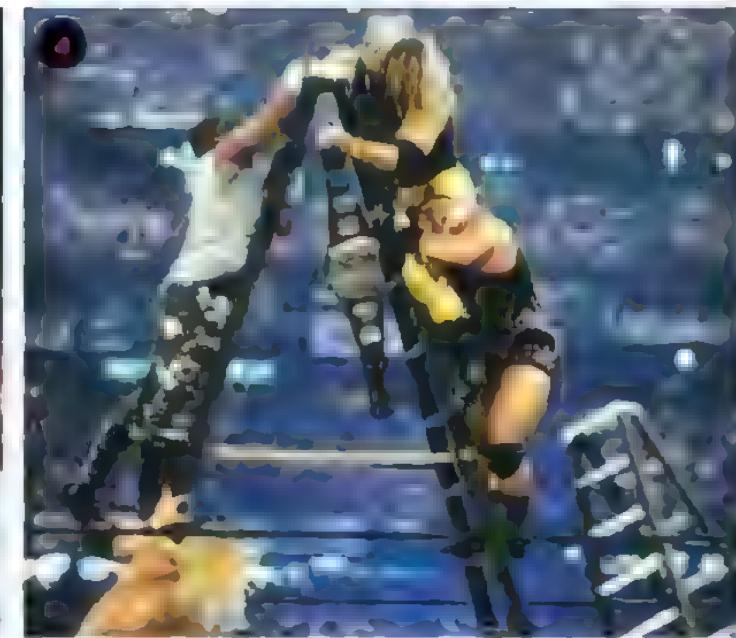
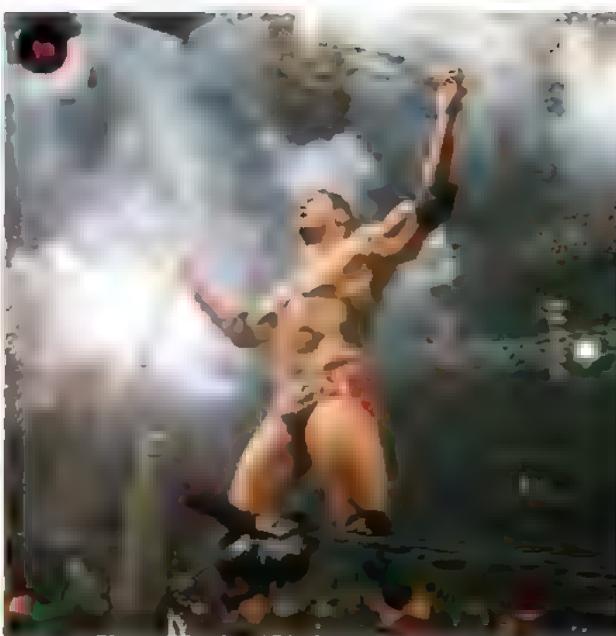


During this two-out-of-three falls bout, Sheamus and Bryan left everything in the ring three times, with the former coming up 2-1 to retain the WHC.

#### 26. UNDERTAKER vs. RANDY ORTON *WrestleMania 21*



Few posed the legit threat to The Streak. The Viper did. In the end, though, he only came close to ending it.



### 25. BROCK LESNAR vs. KURT ANGLE: WWE CHAMPIONSHIP IRON MAN MATCH

SmackDown; September 18, 2003



Lesnar withstands a brutally applied Ankle Lock in the final minute of this classic to maintain his lead and win the WWE Championship.

### 24. CM PUNK vs. JEFF HARDY

SummerSlam 2009



With bitter hatred between the two Superstars in action, this TLC Match was filled with more OMG! moments than a "fail" compilation. In the end, though, it was The Straight Edge Superstar who finally took advantage of Jeff Hardy's daredevil antics to win the World Heavyweight Championship.

### 23. JOHN CENA vs. TRIPLE H

WrestleMania 22



By refusing himself to quit, that's exactly what John Cena made The Cerebral Assassin do before a hot Chicago crowd in an improbable (and memorable) win over The King of Kings.

### 22. STONE COLD STEVE AUSTIN vs. THE ROCK

WrestleMania X-Seven



Stone Cold Steve Austin did the unthinkable by aligning with Mr. McMahon to win the WWE Championship at the conclusion of this emotional roller coaster.

### 21. EDGE vs. JOHN CENA

Unforgiven 2006



Cena dropped The Rated-R Superstar through two stacked tables, to earn his third WWE Championship.

### 20. SHAWN MICHAELS vs. RIC FLAIR

WrestleMania XXIV



Naitch competed like he'd found the fountain of youth, but HBK retired him at the end of this heartbreakin Career-Ending Match. It still remains a favorite bout for both Legends, who left everything in the ring that night.

### 19. UNDERTAKER vs. JEFF HARDY

Raw; July 1, 2002



This Ladder Match earned Jeff Hardy ultimate respect. Though he lost, The Charismatic Enigma fought back against Taker till he had nothing left. Then he fought some more. Taker raised Hardy's hand in honor.

### 18. BATISTA vs. TRIPLE H

WrestleMania 21



Batista took down his former stablemate to emotionally win the World Heavyweight Championship.

### 17. RANDY ORTON vs. CACTUS JACK

Backlash 2004



Sure, Orton prevailed; sure, he survived. But not before Jack took a barbed wire baseball bat to him. Re-watch this one, and be grateful that you're not in the ring.

### 16. MONEY IN THE BANK LADDER MATCH

WrestleMania 21



The MITB Match was minted at WrestleMania 21, by Edge, who outlasted five others to snatch the briefcase.

### 15. KURT ANGLE vs. SHAWN MICHAELS

WrestleMania 21



Angle and HBK tested each other all night, but the Olympian's Ankle Lock proved too painful.

### 14. LITA vs. TRISH STRATUS

Raw; December 6, 2004



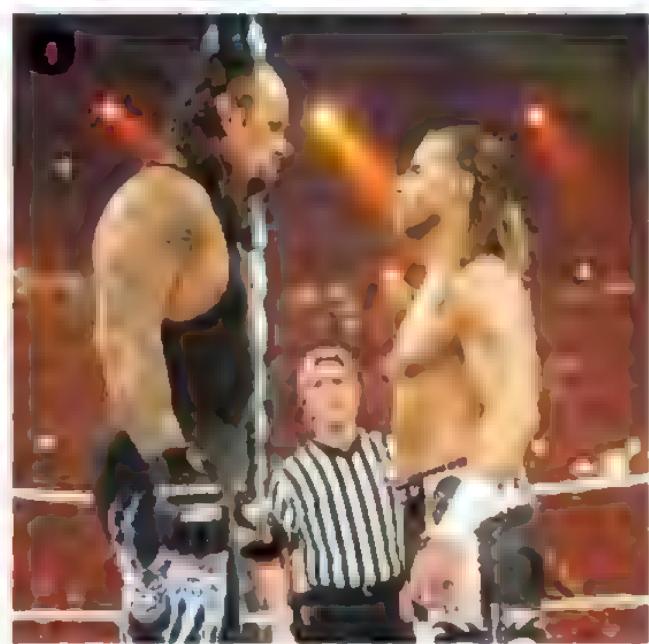
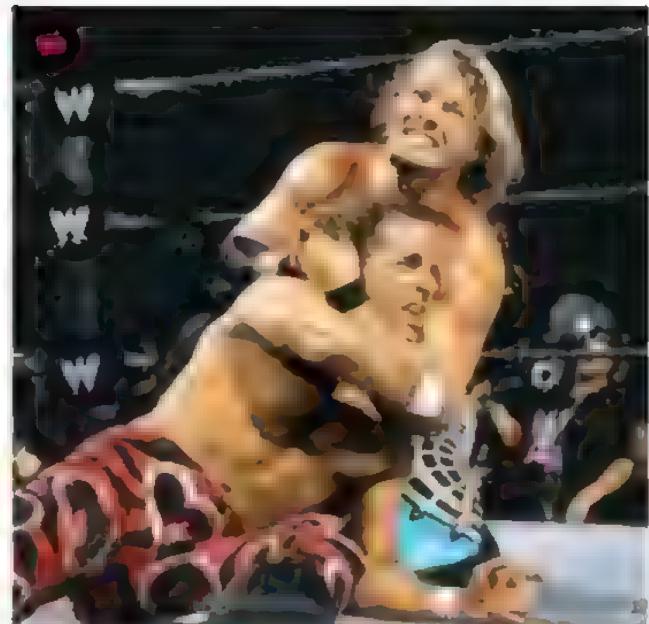
These two women threw themselves at one another with total abandon. On top of that, Stratus was wrestling with a broken nose!

### 13. BROCK LESNAR vs. THE ROCK

SummerSlam 2002



See the moment where "The Next Big Thing" became just "The Big Thing" by winning the WWE Title.



## 12. FIRST ELIMINATION CHAMBER MATCH

Survivor Series 2002



In the end, HBK made history by winning the first EC Match and his first World Heavyweight Championship

## 11. EDGE vs. MICK FOLEY

Hardcore Match: WrestleMania 22



We'd say watch it again, but we were all pretty exhausted after having seen it the first time

## 10. SHAWN MICHAELS vs. CHRIS JERICHO

WrestleMania XIX



This contest pushed both Superstars to their limits, and both seemingly walked away with respect—that is, until Jericho kicked HBK below the belt on the way out

## 9. TRIPLE H vs. STONE COLD STEVE AUSTIN

No Way Out 2001



In WWE's first-ever Three Stages of Hell Match, The Game and The Rattlesnake set the standard for one of the most dangerous stipps of the past two decades.

## 8. JOHN CENA vs. RANDY ORTON

Anything Goes Iron Man Match.  
WWE Bragging Rights 2009



These two Superstars combined for one of the most intense hours in recent WWE history

## 7. THE ROCK vs. HULK HOGAN

WrestleMania X8



Although The Great One walked away the victor, the Toronto SkyDome stood by The Hulkster throughout, as the torch was passed from one icon to another.

## 6. REY MYSTERIO vs. EDDIE GUERRERO

SummerSlam 2005



During this lucha-fueled classic between former best amigos, Eddie and Rey revolutionized how to use a ladder with in-ring creativity. At stake was custody of Rey's son, and the legacy of the Mysterio name

## 5. UNDERTAKER vs. TRIPLE H

Hell In A Cell End Of An Era.  
WrestleMania XXVIII



After Undertaker hit the final nail in the coffin with a Tombstone, the bitter rivals leaned on each other—and Special Guest Ref, Shawn Michaels—as they exited the ring, battered, bruised, and nearly broken, showing the ultimate sign of respect.

## 4. EDGE & CHRISTIAN vs. THE HARDY BOYS vs. THE DUDLEY BOYS

WrestleMania X-Seven



This match—dubbed TLC II—served as the show-stealer of WrestleMania X-Seven, thanks to the high flying, death-defying offenses on display from all three of these Ladder Match daredevil teams.

## 3. THE ROCK vs. JOHN CENA

WrestleMania XXVIII



The term "Dream Match" gets thrown around a lot in this business. But with this particular encounter, one Superstar representing WWE's present, and one representing its past, waged war to determine the company's future. And so, here, even the expression "Dream Match" doesn't do one bit of justice to this barn burner.

## 2. CM PUNK vs. JOHN CENA

Money In The Bank 2011



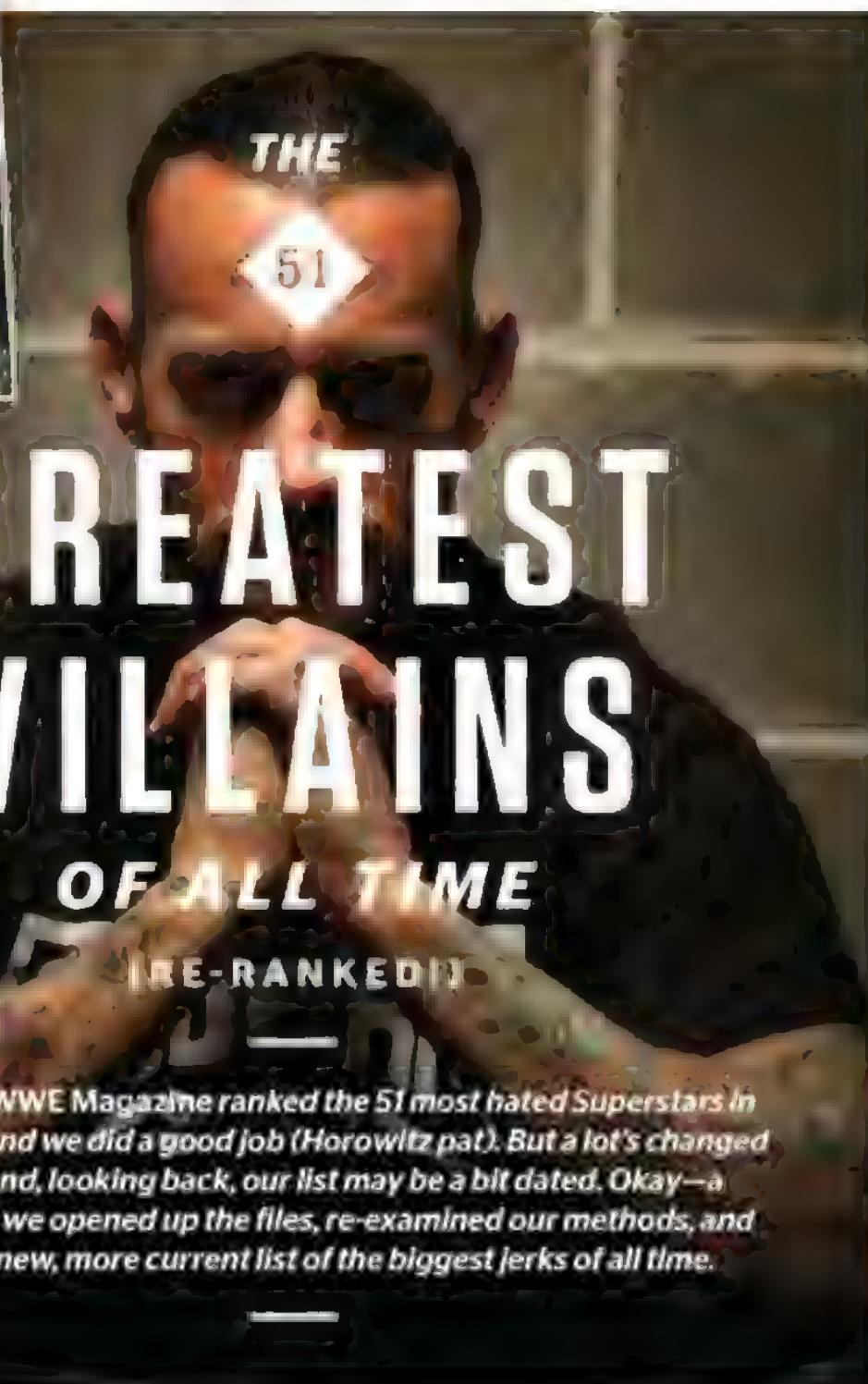
The match itself was physically tremendous, with action swinging both ways before the unthinkable occurred—CM Punk won, and then, bailed with the WWE Championship in tow.

## 1. SHAWN MICHAELS vs. UNDERTAKER

WrestleMania XXVI



WWE Magazine boldly declared this match the greatest WrestleMania main event of all time. And we stand by that claim. So, not to put it at the top of this list would be hypocritical, blasphemous, and, most importantly, incorrect. The Career vs. The Streak Match captured EVERYTHING WWE represents, and resulted in the two greatest in-ring Superstars of all time leaving EVERYTHING they had in the middle of the ring. For The Deadman, that meant being tested in a way in which no Superstar, past or present, had ever tested him before. And, for Shawn Michaels, the contest meant the conclusion of his illustrious career. Never once did we doubt we were witnessing history.



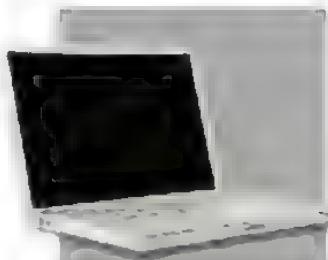
In Oct. 2006, WWE Magazine ranked the 51 most hated Superstars in WWE history. And we did a good job (Horowitz pat). But a lot's changed since then, and, looking back, our list may be a bit dated. Okay—a LOT dated. So, we opened up the files, re-examined our methods, and compiled a new, more current list of the biggest jerks of all time.



**51 DOLPH ZIGGLER**

PREVIOUSLY  
NR  
REPLACES  
KING KONG BUNDY

► By putting on five-star matches, and getting the crowd to cheer even though he's a cocky, brash jerk, Ziggler shows he has that rare ability to transcend the light and dark sides, just like icons Edge and HBK. He's good. He knows it. And he makes sure we do, too.



**49 ANONYMOUS  
RAW GM**

PREVIOUSLY  
NR  
REPLACES  
"COWBOY" BOB ORTON

► In mid 2011, there was no bigger jerk than the Anonymous Raw GM. The twang of its inbox often signaled the worst for many WWE Superstars, held at its digital mercy. We won't even get into who it turned out to be—it's just too heinously depressing and lame.



**50 EARTHQUAKE**

PREVIOUSLY  
47  
REPLACES  
VADER

► He sat on and killed Jake 'The Snake' Snuka. To reiterate: He. Sat. On. And. Killed. Jake. The. Snake's. Snake! We're still in therapy.



**48 GORGEOUS  
GEORGE**

PREVIOUSLY  
25  
REPLACES  
SENSATIONAL SHERRI

► Gorgeous George is the pioneer of the "pretty boy" gimmick in WWE. But so many guys have ripped him off that his legacy has become more diluted than his Chanel No. 10. That said, his pre-match routine of "disinfecting" the ring is still the mark of bad guy greatness.



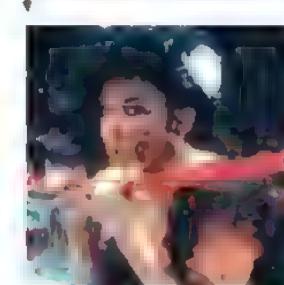
**47 ALBERTO  
DEL RIO**

PREVIOUSLY  
NR  
REPLACES  
EARTHQUAKE



**46 CHRIS  
JERICHO**

PREVIOUSLY  
NR  
REPLACES  
RANDY ORTON



**45 SENSATIONAL  
SHERRI**

PREVIOUSLY  
NR  
REPLACES  
BIG JOHN STUDD

Trained by The Fabulous Moolah (see No. 21), Sensational Sherri maintained her rep as WWE's most vengeful bion in more than 10 years. We'll never forget how she turned on The Macho Man, beating him down after he lost a Career-Ending bout at WMVII.



**44 SHAWN  
MICHAELS**

PREVIOUSLY  
NR  
REPLACES  
PAUL ORNDORFF

► HBK deserves a spot on this list because his villainy jumpstarted the career we know today. By turning on Marty Jannetty, and sending him through the fully insured "Barber Shop" window, Michaels began an epic run that foreshadowed his future legacy.



**43 KILLER  
KOWALSKI**

PREVIOUSLY  
11  
REPLACES  
RANDY SAVAGE

► The man who trained Triple H and Damien Sandow was first pitched as a fan-favorite by the name of "Tarzan Kowalski." That totally didn't work. Partially because Kowalski was just a menacing 6'7" brute, and partially because he once ripped off an opponent's ear!



## 42 HARLEY RACE

PREVIOUSLY  
29

REPLACES  
BRIAN PILLMAN

► As the most dominant NWA World Champion of the '80s, Harley Race had no reservations about breaking spirits, twisting knees and angering fans. In 1983, Race even took out a bounty on Ric Flair, offering cash money to anyone who could cripple The Nature Boy!

## 37 KURT ANGLE

PREVIOUSLY  
14

REPLACES  
TERRY FUNK

► As the true intolerant jock, there wasn't a time during Angle's WWE run when we weren't afraid he was going to stuff us in a locker. Angle's intensity only added to his legacy of remorseless in-ring combat, and brutal physicality against any opponent.



## 41 RANDY SAVAGE

PREVIOUSLY  
43

REPLACES  
ADRIAN ADONIS

► The late Macho Man's career is spotted with more instances of treachery than his outfits have streamers. He turned on Hulk Hogan during a spat over Miss Elizabeth. And he crushed Ricky Steamboat's larynx prior to their historic confrontation at *WrestleMania III*.

## 36 JERRY "The King" LAWLER

PREVIOUSLY  
39

REPLACES  
YOKOZUNA

► While no Joffrey Baratheon, Lawler's legacy as one of royalty's most-hated—thanks to highlights such as trashing Bret Hart's KOTR coronation, and the infamous Andy Kaufman beatdown—will endure well after he hangs up his crown for good.



## 40 JIMMY HART

PREVIOUSLY  
30

REPLACES  
MICKIE JAMES

► Ya know the blue jay that won't stop cackling outside your bedroom window? Coil it with a mullet, throw on a budget wedding-singer's outfit, add a megaphone, and you've got The Mouth of the South. Sometimes, villainy can mean being just plain annoying.



## 39 AJ LEE

PREVIOUSLY  
NR

REPLACES  
JERRY LAWLER

► AJ will lure you into her web, capture your heart, then rip your head off. Not literally, but just as a spider catches prey, AJ knows how to get any Superstar to fall for her. Then, either due to boredom or scorn, she makes sure they fall even harder back to Earth.



## 38 THE NEW WORLD ORDER

PREVIOUSLY  
NR

REPLACES  
STAN HANSEN

► Were it not for their epic fizz, The nWo could've probably been in the top three of this list. They helped destroy a company—literally and figuratively—from the inside-out using a "with us, or against us" mentality that swept up tons of former fan favorites.



## 32 ERIC BISCHOFF

PREVIOUSLY  
NR

REPLACES  
MR. FUJI



► The raven hair. The smarmy grin. The malicious attempts to run WWE out of town. With such a résumé, we're ashamed that Bischoff wasn't on the list before. Even though half of his career was spent in WCW, WWE hasn't seen a villain of his caliber in some time.



## 31 TRIPLE H

PREVIOUSLY  
3

REPLACES  
BIG CAT ERNIE LADD



► When The Game was bad, he was *really* bad. It's hard to imagine that the Superstar who now stoically fights for his family and his company was once the most hated man in the biz. Good or bad, we just hope we haven't seen the last of his iconic in-ring career.



## 35 LAY-COOL

PREVIOUSLY  
NR

REPLACES  
KEN PATERA

► Ugh. It's those girls you thought peaked in high school, but actually got *holler*. Flaunting their assets like a pair of peacocks, Layla and Michelle McCool made a name by being mean and nasty in a way that would've made Regina George proud.



## 30 KANE

PREVIOUSLY  
16

REPLACES  
JIMMY HART

► Kane comes down on the list because, well, he's super funny. Over the past year, we've seen another side of The Big Red Monster. And while it's one that we love, Kane's anger management classes and hug-a-thons don't bode well for his villainy quotient.

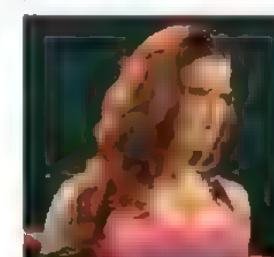


## 34 YOKOZUNA

PREVIOUSLY 36

REPLACES  
GREG "THE HAMMER" VALENTINE

► Few Superstars on this list are ranked because of athletic accomplishment. But few Superstars are 500-plus-pound Sumo monsters who move with the ease of a circus acrobat. That combination just makes Yokozuna plain scary. Like, *Pacific Rim* scary.



## 29 LITA

PREVIOUSLY  
33

REPLACES  
HARLEY RACE

► We kicked Lita up a few notches because, looking back at her prime, we can't equate any Diva's ability to wrench up the badness quite like her. Her run with Edge was one of the most diabolical schemes in WWE history, a scheme for which she should be honored.



## 33 RANDY ORTON

PREVIOUSLY  
46

REPLACES  
LITA

► Orton is one of those Superstars who we like when he's playing nice, but love when he's not. By ranking him 13 notches higher this time, we're trying to create a self-fulfilling prophecy and nudge destiny to give us a taste of that Viper's venom of old.



## 28 MR. FUJI

PREVIOUSLY  
32

REPLACES  
ORIGINAL SHEIK

► Re-watch some of "The Devious One's" greatest hits on YouTube and you'll see what we did—a heartless mastermind who controlled Superstars to do his bidding, all the while never being shy about throwing salt in the eyes of their opponents. *Banzai!*



## 27 EDGE

PREVIOUSLY  
13  
REPLACES  
SHANE McMAHON

► Even as one of the most opportunistic Superstars of all time, Edge is just...cool. His early retirement and induction into the Hall of Fame add to his legacy, helping us to remember what a treasure he was, even if he deserved a punch in the face more often than not.



## 26 RYBACK

PREVIOUSLY  
NR  
REPLACES  
IVAN KOLOFF

► Ryback is a bully the likes of which WWE has never seen before. Making his impact by destroying multiple competitors at a time, he showed that he doesn't care who or what stands in his way.



## 25 THE ROCK

PREVIOUSLY  
6  
REPLACES  
GORGEous GEORGE

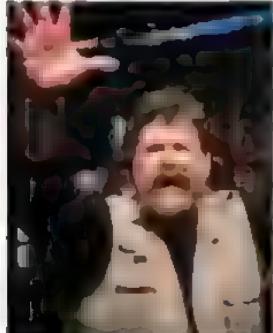
► The Rock was such a jerk when he hit his stride in the late '90s. Arrogant, pompous and, worst of all, really good at what he did. Even when he's making fun of us, his charisma supercedes any semblance of logic and elicits nothing but raw, visceral cheers.



## 24 THE SHIELD

PREVIOUSLY  
NR  
REPLACES  
THE FABULOUS MOOLAH

► Strains of the "Sierra, Hotel, India, Echo, Lima, Delta" battle cry stir the WWE Universe into a frenzy of hatred. Unfortunately for everyone in their path, and everyone with a favorite Superstar, it seems as though no one is safe from The Hounds of Justice.



## 23 ZEB COLTER

PREVIOUSLY  
NR  
REPLACES  
THE GRAND WIZARD

► The term "lightning rod" is used to describe someone who incites controversy by merely being around. Zeb's name alone has been enough to whet appetites as they hunger to disagree with everything he says.



## 22 WILLIAM REGAL

PREVIOUSLY NR  
REPLACES  
"RAVISHING" RICK RUDE

► Rarely is such a utility player—a Superstar capable of bringing out the best in everyone he wrestles—such as William Regal given his due. If you need proof that he deserves a spot, just pump up his music. The opening notes basically say, "EE EEEEEE-VIL!"



## 21 THE FABULOUS MOOLAH

PREVIOUSLY NR  
REPLACES NIKOLAI VOLKOFF

► In the age before reality TV made it possible for any average female to sprout claws, it took a real woman to make the entire world hate her. Moolah wasn't here to make friends—and she didn't, earning boos as Women's Champion for 28 years!



## 20 MARK HENRY

PREVIOUSLY 24  
REPLACES THE IRON SHEIK

► The World's Strongest Man seems content to play by his own set of rules in pursuit of championships. He's been in WWE for nearly 20 years, and he's spent a good portion of that time slamming, squashing and silencing opponents and critics, all on his own terms.



## 19 "RAVISHING" RICK RUDE

PREVIOUSLY 22  
REPLACES MR. PERFECT

► Now that we're a bit older, we understand even more what a jerk Rick Rude was. He used every opportunity he had to make fun of our dads and hit on our moms. And he did it with the physique of a Bowflex model.



## 18 STONE COLD STEVE AUSTIN

PREVIOUSLY NR  
REPLACES MAGNIFICENT MURACO

► Shame on us for not observing The Rattlesnake's history of villainy on our original list. It's possible we just glossed over Stone Cold's sketchy past because we love him so much, but his sports malfeasance still bears recognition. And that's the bottom line.



## 17 THE IRON SHEIK

PREVIOUSLY 20  
REPLACES JESSE "THE BODY" VENTURA

► Using the Iran hostage crisis as the basis for your character's platform is a great way to draw ire. Sheik swapping allegiances to Iraq in the early '90s made our distaste for his antics even more palpable.



## 16 THE MIZ

PREVIOUSLY NR  
REPLACES KANE

► The Miz's journey in WWE has been spent largely on the opposite side of good, as the lion's share of his accomplishments and title wins have come as a result of his disregard for all things sacred in decency.



## 15 MR. PERFECT

PREVIOUSLY 19  
REPLACES HONKY TONK MAN

► Perfect's son, Curtis Axel, is just as obnoxious, braggadocious and talented as his father before him. So, in addition to throwing TD passes to himself, bulls-eyeing dartboards and executing Olympic-level dives, Mr. Perfect also spawned perfection. What a jerk.



## 14 JESSE "THE BODY" VENTURA

PREVIOUSLY 17  
REPLACES KURT ANGLE

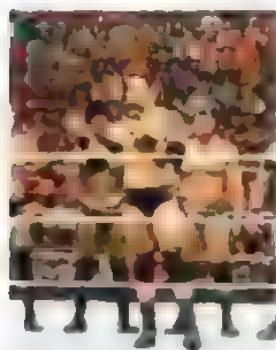
► Ventura shamelessly lifted Billy Graham's look and Gorgeous George's catchphrases then frosted them with his own debatably suitable nickname. A noted conspiracy theorist, Ventura also irritated all the general public while he peddled his agendas.



## 13 CM PUNK

PREVIOUSLY NR  
REPLACES EDGE

► CM Punk's scattered forays into villainous territory have been so vivid and enriched with treachery that he's earned this spot. Proclamations of being the "Best In The World" only enhance his sinister legacy.



## 12 THE NEXUS

PREVIOUSLY 11  
REPLACES  
RIC FLAIR

► The Nexus changed the landscape of the business in a single night by arriving and proving that they weren't role models. Models just stand around. Villains...they get things done.



## 11 HONKY TONK MAN

PREVIOUSLY  
15  
REPLACES  
KILLER KOWALSKI

► Honky Tonk Man was essentially what Justin Bieber would be today, were he a WWE Superstar—obnoxious, talentless and unavoidable. We have to say it's incredibly satisfying to see Honky get Tonk'd with his own guitar whenever he strolls around these parts.



## 10 JBL

PREVIOUSLY  
9  
REPLACES  
TED DI BIASE

► Catching illegal immigrants at the U.S. border, flaunting his wealth, and just being a supremely unlikeable blowhard make JBL's return to commentary welcome. We just hope he'll bring back some of that arrogant dirtbag who held the WWE Championship.



## 9 RIC FLAIR

PREVIOUSLY 12  
REPLACES  
JOHN "BRAHMA" LAYFIELD

► Flair remains a Legend—and the only Superstar with

two WWE Hall of Fame rings—both for his unfathomable in-ring skill, staying power, and a reputation as the undisputed "Dirtiest Player In The Game."



## 8 "CLASSY" FREDDIE BLASSIE

PREVIOUSLY  
5  
REPLACES  
BOBBY "THE BRAIN" HEENAN

► When you're known for introducing yourself as "Ayatollah" while managing a Muslim Superstar, it's hard not to classify you as one of the greatest villains of all time. That and, calling 'pencil-neck geek.'



## 7 BROCK LESNAR

PREVIOUSLY 6  
REPLACES  
"NATURE BOY"  
BUDDY ROGERS

► He's the only Superstar on this list to throw a one-legged kid down the stairs. Were he a little more two-dimensional, he could've easily nabbed the No. 1 spot. He doesn't care who you are—hero or villain, you're just a guts-filled punching bag to Brock Lesnar.



## 4 PAUL HEYMAN

PREVIOUSLY 11  
REPLACES  
SUPERSTAR  
DILLY GRAHAM

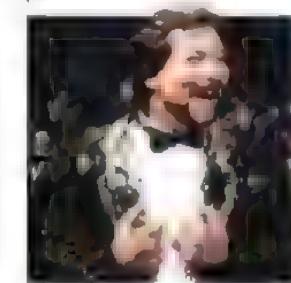
► Since his debut, he's enthralled and exploited clients to do his bidding in the most relentless ways. Capable of eliciting pity, then morphing into a rabid, relentless monster at a moment's notice, Paul Heyman is dangerous because everything he does is beyond calculation.



## 6 BOBBY "The Brain" HEENAN

PREVIOUSLY  
11  
REPLACES  
THE ROCK

► Like a fine wine, The Brain's spot has grown higher on this list with age. There has never been—and never will be—another like Bobby Heenan, whose sprint fast wit still makes us laugh, cringe and feel really bad for whomever he happens to be talking about.



## 3 "The Million Dollar Man" TED DI BIASE

PREVIOUSLY  
10  
REPLACES  
TRIPLE H

► He was the original One Percent. Wealthy, brash, arrogant and looking to buy himself out of trouble at every turn, DiBiase could've easily worked at Goldman Sachs had his WWE career not panned out. He deserves no sympathy—and that's the mark of a special villain.



## 5 MR. McMAHON

PREVIOUSLY  
2  
REPLACES  
CLASSY" FREDDIE BLASSIE

► One of the worst things he ever claims to have been called is "a nice guy." But innovations such as McMahon's Millions, and Creamsicle-colored suits never fail to make us appreciate the good side of his evil.



## 2 "Rowdy" RODDY PIPER

PREVIOUSLY  
1  
REPLACES  
MR. McMAHON

► Many will cry blasphemy at The Hot Rod's demotion to No. 2 on this list. But now Piper is admired and loved no matter what he does. We all see what Piper is doing—and what he has done—is for our own good.



## 1 VICKIE GUERRERO

PREVIOUSLY  
1  
REPLACES  
"ROWDY" RODDY PIPER

Can you recall a time when she was on TV and you didn't wince, boo or jeer? Can you recall an instance in which two normally polite and welcome words—"Excuse Me!"—didn't elicit a skin-crawling reaction? That's because Guerrero is WWE's greatest villain. Not just of our time, but of all time. No Superstar or Diva has been more universally abhorred on such a consistent basis as to have her proclamation in the mic legitimately drowned out by the boos from the WWE Universe. Her revilement sets her apart on this scale of WWE history.

# TODAY'S WWE SUPERSTARS... YESTERDAY

**FIVE YEARS AGO**, we traveled down to Tampa, FL, for the opening of FCW. A lot has changed in that time. NXT has taken over, and WWE has opened its state-of-the-art Performance Center. Some of these faces have gone on to in-ring greatness. Some you may have forgotten, and more than a few never made it to the main roster. But at this point in time, do they all share one thing besides these rings—the dream of becoming a WWE Superstar?

PHOTOGRAPHY BY ALEX TEHRANI

PRIMO

Raw 8/18/08  
FCW Debut 7/1/08

RYAN BRADDOCK

Raw 8/18/08  
FCW Debut 7/1/08

KIZARNY

After weeks of status negotiations, Kizarny signed with WWE in 2009.



JACK SWAGGER

WWE Debut: FCW 9/3/08  
FCW Debut: 7/1/08  
Raw Debut: 10/13/08  
SmackDown Debut: 10/13/08



NIKKI BELLA

SmackDown Debut: 7/1/08  
Raw Debut: 7/1/08  
FCW Debut: 7/1/08



SAVANNAH

Raw 9/1/08



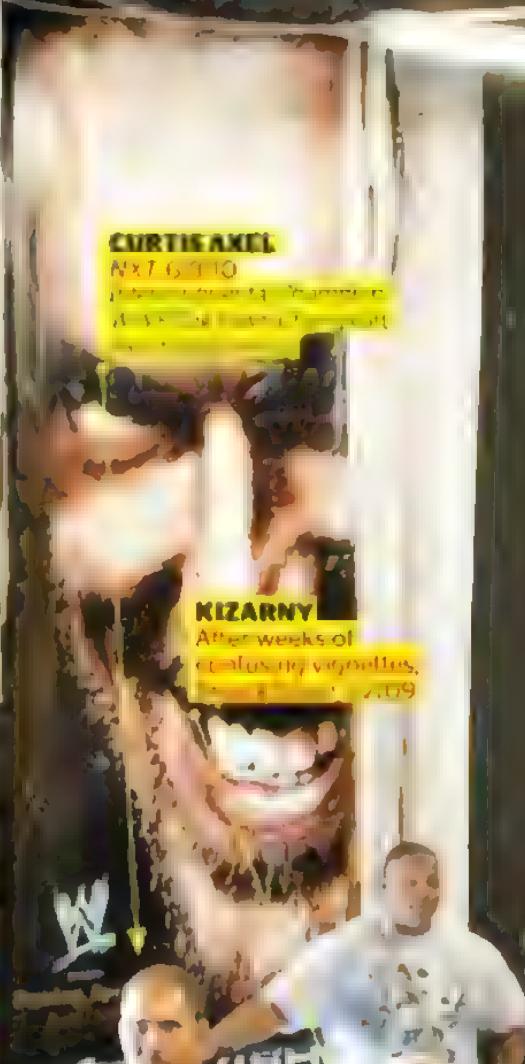
ROSA MENDES

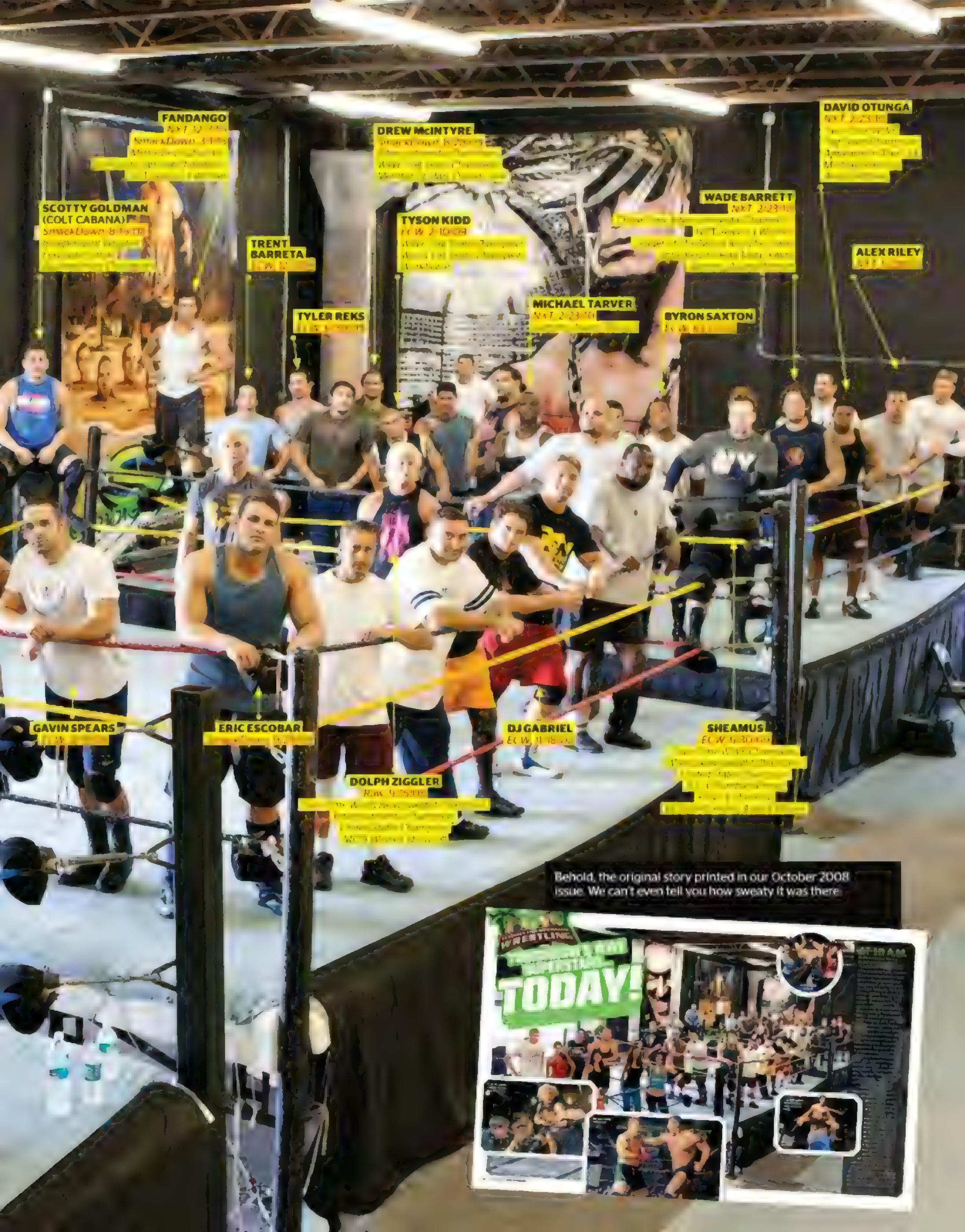
Raw 11/2/08  
FCW Debut: 7/1/08  
SmackDown Debut: 7/1/08



BRIE BELLA

SmackDown Debut: 7/1/08  
Raw Debut: 7/1/08





FANDANGO

NXT 12/11  
SmackDown 3/13  
Attitude 5/1  
Raw 9/23

SCOTTY GOLDMAN

(COLT CABANA)  
SmackDown 8/1/08

TRENT BARRETT

Raw 10/20/08

DREW MCINTYRE

SmackDown 12/13  
Attitude 5/1  
Raw 9/23

TYSON KIDD

NW 2/10/09  
Raw 10/20/08  
Attitude 5/1

WADE BARRETT

NXT 2/23/10  
Raw 10/20/08  
Attitude 5/1

DAVID OTUNGA

NXT 2/23/10  
Raw 10/20/08  
Attitude 5/1

ALEX RILEY

MICHAEL TARVER

NXT 2/23/10

BYRON SAXTON

Raw 10/20/08

GAVIN SPEARS

Raw 10/20/08

ERIC ESCOBAR

Raw 10/20/08

DOLPH ZIGGLER

Raw 9/29/08  
SmackDown 10/13/08  
Attitude 5/1

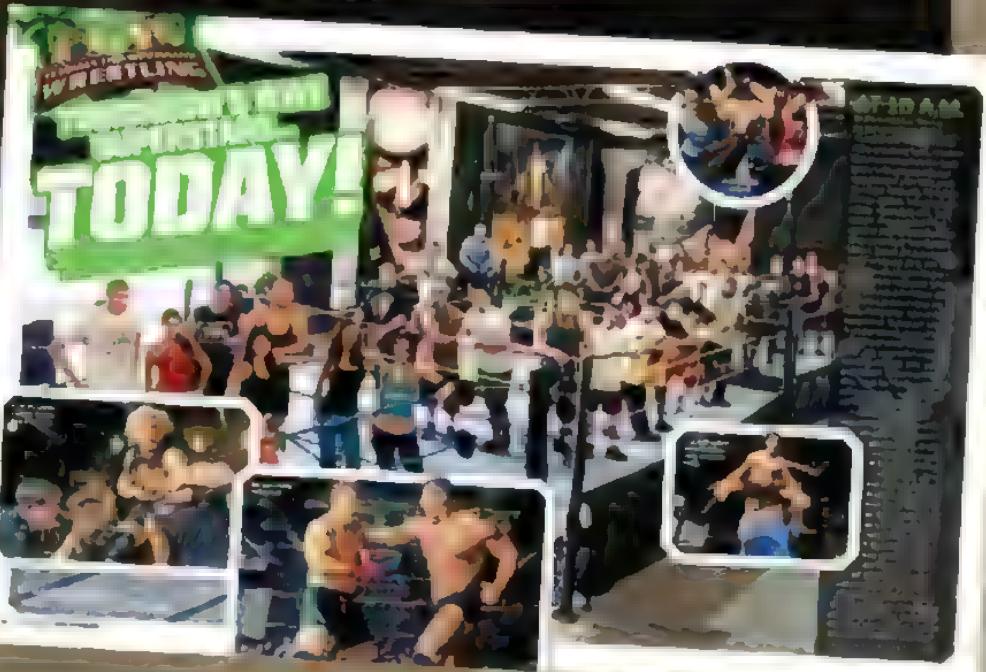
DJ GABRIEL

ECW 11/16/08

SHEAMUS

ECW 5/30/08

Behold, the original story printed in our October 2008 issue. We can't even tell you how sweaty it was there.







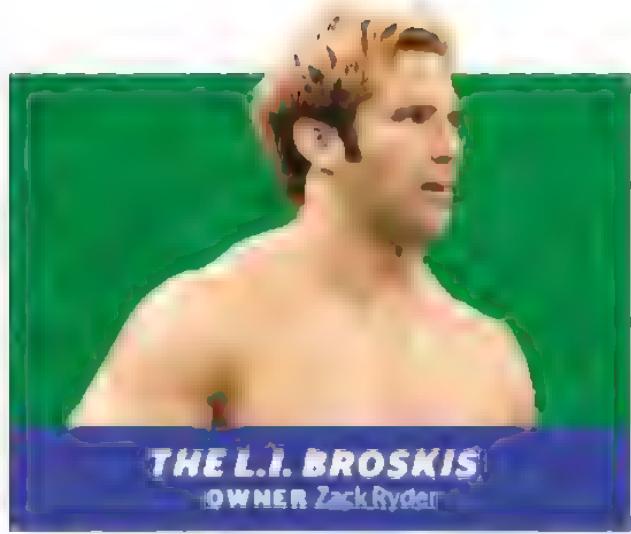
# THE WWE SUPERSTAR FANTASY FOOTBALL LEAGUE



HIT START  
FOR THE 2013 SEASON

Three seasons strong, three different winners of the Vince McMahon Trophy! Will a new Superstar or Diva take the title this year, or will Miz, Zack Ryder and Curtis Axel dominate again? Plus: Save your season! Expert advice on what to do after your fantasy draft.

PRESENTED BY WWE MAGAZINE • CBSSPORTS.COM ILLUSTRATION BY JUDE BUFFUM



**THE L.I. BROSKIS**  
OWNER Zack Ryder

DRAFT#	POSITION	PLAYER	BENCH
7 QB	Drew Brees, Saints		
14 RB	Steven Jackson, Falcons	74 QB Russell Wilson, Seahawks	
27 RB	Maurice Jones-Drew, Jaguars	87 QB Josh Freeman, Buccaneers	
54 WR	Danny Amendola, Patriots	47 RB Darren Sproles, Saints	
67 WR	Torrey Smith, Ravens	94 WR T.Y. Hilton, Colts	
34 TE	Rob Gronkowski, Patriots	154 WR Justin Blackmon, Jaguars	
114 D	Pittsburgh Steelers	107 TE Kyle Rudolph, Vikings	
127 K	Blair Walsh, Vikings		

**Season in The League: 3<sup>rd</sup>**

**STRENGTHS:** Dominant QB; lots of potential trade-bait.  
**WEAKNESSES:** Attack of focus on the receiving corps leaves much to be desired.

**PLAYOFFS?** Only if Brees can put the team on his back.



**THE BOOM SQUAD**  
OWNER Kofi Kingston

DRAFT#	POSITION	PLAYER	BENCH
58 QB	Matt Ryan, Falcons		98 QB Matt Ryan, Falcons
3 RB	Trent Richardson, Browns	18 RB Frank Gore, 49ers	
23 WR	A.J. Green, Bengals	38 WR Reggie Wayne, Colts	
43 TE	Jason Witten, Cowboys	43 TE Jason Witten, Cowboys	
138 D	Buffalo Bills	118 WR Chris Givens, Rams	
103 K	Stephen Gostkowski, Patriots	123 TE Martellus Bennett, Bears	

**Season in The League: 2<sup>nd</sup>**

**STRENGTHS:** Solid running and passing game.  
**WEAKNESSES:** An aging Gore and Wayne.  
**PLAYOFFS?** Maybell if the Browns put Richardson in scoring position, and Gore remains a Red Zone threat.

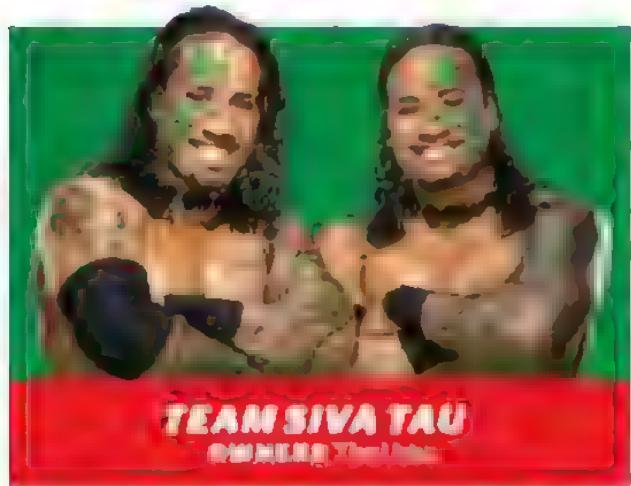


**TEAM PRIME TIME**  
OWNERS Darren Young & Titus O'Neil

DRAFT#	POSITION	PLAYER	BENCH
75 QB	Andrew Luck, Colts		95 QB Andy Dalton, Bengals
35 RB	David Wilson, Giants	46 RB Eddie Lacy, Packers	106 QB Jay Cutler, Bears
6 WR	Calvin Johnson, Lions	15 WR Demaryius Thomas, Broncos	66 RB BenJarvus Green Ellis, Bengals
26 TE	Jimmy Graham, Saints	26 TE Jimmy Graham, Saints	115 RB Mark Ingram Jr., Saints
126 D	New York Giants	126 D New York Giants	55 WR Jordy Nelson, Packers
135 K	Justin Tucker, Baltimore	135 K Justin Tucker, Baltimore	86 WR Steve Johnson, Bills

**Season in The League: 1<sup>st</sup>**

**STRENGTHS:** Deep at receiver and quarterback.  
**WEAKNESSES:** Running game leaves a lot to be desired.  
**PLAYOFFS?** This expansion squad has a ways to go before making it to the top four in the league.



**TEAM SIVA TAU**  
OWNERS The Miz & Maryse

DRAFT#	POSITION	PLAYER	BENCH
10 QB	Aaron Rodgers, Packers		110 QB Matt Schaub, Texans
11 RB	Ray Rice, Ravens	71 RB Ryan Mathews, Chargers	
30 RB	Reggie Bush, Lions	91 RB Ben Tate, Texans	
11 WR	Andre Johnson, Texans	90 WR Mike Williams, Buccaneers	
50 WR	Eric Decker, Broncos	151 WR Lance Moore, Saints	
51 TE	Vernon Davis, 49ers	150 TE Fred Davis, Redskins	
70 D	San Francisco 49ers		
111 K	Matt Bryant, Falcons		

**Season in The League: 1<sup>st</sup>**

**STRENGTHS:** Deep at receiver and quarterback.  
**WEAKNESSES:** Running game leaves a lot to be desired.  
**PLAYOFFS?** This expansion squad has a ways to go before making it to the top four in the league.



**TEAM BETTER THAN PERFECT**  
OWNER Chris Jericho

DRAFT#	POSITION	PLAYER	BENCH
17 QB	Peyton Manning, Browns		57 RB Lamar Miller, Dolphins
1 RB	Jamaal Charles, Chiefs	24 RB Matt Forte, Bears	
17 WR	Vincent Jackson, Buccaneers	44 WR Marques Colston, Saints	
117 TE	Tyler Eifert, Bengals	124 D New England Patriots	
137 K	Robbie Gould, Bears	137 K Robbie Gould, Bears	

**Season in The League: 1<sup>st</sup>**

**STRENGTHS:** Deep at receiver and quarterback.  
**WEAKNESSES:** Running game leaves a lot to be desired.  
**PLAYOFFS?** This expansion squad has a ways to go before making it to the top four in the league.



**TEAM AWESOME**  
OWNER The Miz

DRAFT#	POSITION	PLAYER	BENCH
72 QB	Tony Romo, Cowboys		49 RB Darren McFadden, Raiders
9 RB	C.J. Spiller, Bills	12 RB LeSean McCoy, Eagles	89 RB Bryce Brown, Eagles
19 WR	Larry Fitzgerald, Cardinals	32 WR Randall Cobb, Packers	109 WR Bernard Pierce, Ravens
52 TE	Tony Gonzalez, Falcons	112 D Houston Texans	69 WR Hakeem Nicks, Giants
152 K	Greg Zuerlein, Rams	152 K Greg Zuerlein, Rams	82 WR Antonio Brown, Steelers
			109 WR Josh Gordon, Browns

**Season in The League: 1<sup>st</sup>**

**STRENGTHS:** Deep at receiver and quarterback.  
**WEAKNESSES:** Running game leaves a lot to be desired.  
**PLAYOFFS?** This expansion squad has a ways to go before making it to the top four in the league.



**BARRETT BARRAGE**  
OWNER Wade Barrett

DRAFT# POSITION PLAYER

DRAFT#	POSITION	PLAYER
36	QB	Cam Newton, Panthers
5	RB	Marshawn Lynch, Seahawks
16	RB	Chris Johnson, Titans
25	WR	Victor Cruz, Giants
45	WR	Pierre Garcon, Redskins
56	TE	Antonio Gates, Chargers
76	D	Cincinnati Bengals
105	K	Phil Dawson, 49ers

DRAFT#	POSITION	PLAYER
96	QB	Joe Flacco, Ravens
65	RB	Giovanni Bernard, Bengals
125	RB	Joseph Randle, Cowboys
85	WR	Tavon Austin, Rams
136	WR	Mohamed Sanu, Bengals
116	TE	Brandon Myers, Giants

Season in the League™

**STRENGTHS:** Starting backs have potential to be beasts.  
**WEAKNESSES:** Can Cam carry this crew? Also, realizing this is American football, not soccer (kidding!).  
**PLAYOFFS?** Stranger stuff's been seen in this league.



**TEAM TENSAI**  
OWNER Tensai

DRAFT# POSITION PLAYER

DRAFT#	POSITION	PLAYER
39	QB	Matthew Stafford, Lions
2	RB	Arian Foster, Texans
19	RB	Stevan Ridley, Patriots
42	WR	Dwayne Bowe, Chiefs
22	WR	Dez Bryant, Cowboys
82	TE	Greg Olsen, Panthers
99	D	Denver Broncos
139	K	David Akers, Lions

Season in the League™

**STRENGTHS:** Foster and Bryant will rack up points.  
**WEAKNESSES:** Stafford's modest 2012 low completion percentage makes him a risky QB with no backup.  
**PLAYOFFS?** Tough, the point system doesn't favor WRs.



## 5 POST-DRAFT TIPS FOR SAVING YOUR SEASON

You're not going to win your Fantasy League based on your draft alone! CBSSports.com Senior Fantasy Writer Nathan Zegura has your season-long game plan for gridiron success.

### 1. Don't Neglect Your Team

"The worst thing that you can do as an owner is to neglect your team. Just because your draft is done doesn't mean your work is done. Not even close. If you want to win, you need to be active in managing your team, more than just on Sunday."

### 2. Stay Active On The Waiver Wire

"This is perhaps the most important thing to do as an owner. There are going to be injuries and there are going to be busts, but there is also always going to be talent that emerges during the season. If you're on top of your game watching the waiver wire, you could be the owner that snags a stud who carries your team. So make sure you're that owner who's scouring the pool for that next big star on Tuesday morning, or fear being left in the dust."

### 3. Monitor Your Matchups

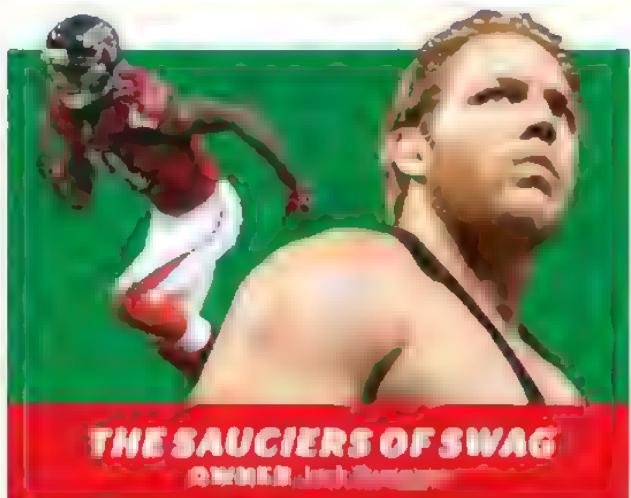
"As soon as your draft ends, you should see which weeks your players are going to have favorable matchups, and which weeks your regular starters might not be the best option. Knowing matchups in advance can allow you to pick up somebody that might not help you for an entire year, but will be the perfect player to plug in during the week your team needs help the most."

### 4. Don't Be Afraid To Part With Busted Draft Picks

"What happens when one of your top picks is struggling? Don't be too quick to pull the trigger—your top draft picks are the ones that lead a team, but after four or five weeks, a bad player is a bad player. It doesn't matter if you drafted Chris Johnson in the first round last year, eventually he was not producing enough to warrant a roster spot. The best thing you can do is part ways with a nonperformer, be it your first pick or your last."

### 5. Trade From Strength To Fix A Weakness

"A lot of times owners find themselves with an embarrassment of riches in one position, but a gaping hole in another. If this is the case, use your overabundance to try for a trade."



**THE SAUCIERS OF SWAG**  
OWNER Jenelle



**TWIN MAGIC**  
OWNER The Gables

DRAFT# POSITION PLAYER

DRAFT#	POSITION	PLAYER
48	QB	Robert Griffin III, Redskins
8	RB	Doug Martin, Buccaneers
13	RB	Alfred Morris, Redskins
28	WR	Julio Jones, Falcons
33	WR	Roddy White, Falcons
73	TE	Owen Daniels, Texans
53	D	Seattle Seahawks
153	K	Sebastian Janikowski, Raiders

DRAFT#	POSITION	PLAYER
68	QB	Colin Kaepernick, 49ers
93	RB	Rashard Mendenhall, Cardinals
120	RB	LaMichael James, 49ers
88	WR	Mike Wallace, Dolphins
108	WR	Greg Jennings, Vikings
113	WR	Miles Austin, Cowboys



## FOLLOW US ALL SEASON LONG!

For all the WWE Superstar Fantasy Football league action, go to [cbs4sports.com/fantasy](http://cbs4sports.com/fantasy) and follow @WWEMagazine on Twitter for scores, league updates and plenty of promo-worthy talk during the gridiron season!

# INSIDER

• THE CLOSEST YOU'LL GET TO THE RING WITHOUT BEING BETWEEN THE ROPES

## Match Of The Year Nominee

Christian Finally Earns "One More Match"



**This Triple Threat**  
Match for the right to face Alberto Del R. O. for the WWC was a pay per view worthy affair. With Randy Orton, Christian and Rob Van Dam each fighting for the top challenger spot, it was here Captain Charisma seized his chance to return to the main event scene. When Orton hit an RKO on RVD, Christian surprised The Viper with a pin, setting a *SummerSlam* bout against the champ *SmackDown, 8/2*.





**WWE BATTLEGROUNDS**  
October 6, 2013  
www.wwe.com/battleground

1

"I drink Bud Heavy  
tailgates."

2

"I wear American  
Flag Plaid Briefs.  
Salute!"

3

"I always vote—even  
when I'm at war! I do  
absentee ballots!"

4

"My tax returns are  
always filed early."

5

"I headbutt bald  
eagles on a regular  
basis.... Kidding,  
kidding."



# Destruction Of The Year Nominee

## Rivalry Reignited In Tables Match

 It's become apparent that the first lesson to learn from Ryback Rules is to beware of the table. A week after The Human Torch King Batt took a DQ loss for powerbombing Daniel Bryan through a table, he and John Cena tore apart the ringside area in a Tables Match which saw the Superstars throw steel steps at one another. With Cena down, Ryback aimed to clothesline The Champ through a table but Cena ducked and launched him through the wood with an Attitude Adjustment—reminding his opponent just who exactly rules. **Raw, 7/29**





## Backstabber Of The Year Nominee

### Spurned Heyman Costs Punk Money

Paul Heyman assured CM Punk he held no hard feelings after Punk asked that they go their separate ways. Heyman left no doubt at *Money In The Bank*, though, launching a ladder at Punk when he was mere inches from securing a contract for a WWE Championship Match. ***MITB, 7/14***



***"Spontaneous combustion—little particles of Daniel Bryan and John Cena float through the air, never to be seen or heard from again!"***

**MR. McMAHON**, musing aloud on his ideal ending to this year's SummerSlam; ***Raw, 7/29/13***



1  
Loves Roller Coasters  
**NIKKI**

2  
Superhero Movies  
**BRIE**

3  
Keeping A Secret  
**BOTH**

4  
Adept At Technology  
**NIKKI**

5  
Like Their Photos  
**BRIE**

## Duck Tale Of The Year Nominee

**The Bellas Make Life Like A Hurricane For Natalya**



The Bellas sucked all the fun from the premiere of *Total Divas* for Natalya calling her the 'ugly duckling' of the show. Natalya showed no mercy upon Brie in their match later in the night but Nikki the taller sister stealed the show by distracting the 'Queen of Hearts' with duck sounds. ***Raw, 7/29***

## Makeover Of The Year Nominee

### Daniel Bryan Refuses To Turn Corporate

Daniel Bryan's performance in the ring wasn't enough for Mr. McMahon, who doesn't think a 5'8" bearded vegan can be the face of WWE. But with Stephanie McMahon's assistance, the 'Goat' underwent a makeover—eating steak, getting fitted for a suit and combing his hair. When The Chairman tried to have Wade Barrett shave Bryan's beard, though, the No. 1 Contender said 'No!' staying true to what endeared him to the WWE Universe all along. ***Raw, 8/5***



# Haunting Of The Year Nominee

The Wyatts Continue To Terrorize A Demon

 Team Hell No may have ended amicably, but the competitive spirits of Kane and Daniel Bryan came out in full force when Mr. McMahon insisted the former teammates square off. Instead of hugging it out, their familiarity with each other's styles made for an entertaining bout, which Bryan won by reversing a Chokeslam into a rollup. But after the submission specialist exited the ring, The Wyatt Family surrounded Kane and pounced on him with a three-on-one assault,宣告ing to all that they are the new terror in WWE Raw. **Raw, 7/29**



Play with fire and you just might get burned.



THE WYATT  
WWE'S NEWEST  
TERRIFYING  
TRIO

0  
Reading  
**BRIE**

1  
Walking In Heels  
**NIKKI**

0  
Giving A Backrub  
**BOTH**

0  
Being Starstruck  
**NEITHER**

10  
Talking To Men  
**BOTH**

# Breakup Of The Year Nominee

Heartbreak For AJ Lee,  
Freedom For Dolph Ziggler

AJ's concern for her boyfriend Dolph Ziggler cost him the World Heavyweight Championship at *Money In The Bank* when she interrupted his bout against Alberto Del Rio and got her Ziggie disqualified. In the Barclays Center the same arena where AJ and Ziggler became a couple in the first place, The Show Off said it was time to "move on." But AJ showed that he... hath mighty like a woman scorned, as she sliced big E Langston on her former sweetheart. *Raw*, 7/15



## Axel Meter Of Perfection

We documented Paul Breyer's day, then we'll add him to the top 100 by rating his performance.



*"Stop apologizing about what happened last night. It's time to move on. You don't understand—it's time for me to move on...from you. We're done."*

DOLPH ZIGGLER, breaking AJ's heart after *Money In The Bank*; *Raw*, 7/15/13



## Stat Slam

Year Ignacy Lukasiewicz invented the kerosene lamp, a trademark part of Bray Wyatt's creepy entrance, which includes him lighting and blowing out a lamp to make it easier to "follow the buzzards."



# Cavalry Of The Year Nominee

The Usos Help Mark Henry Against The Shield



## Mark Henry fought valiantly in his title

bout against John Cena at *Money In The Bank*, but the next night a new enemy surfaced: The Shield. When Raw returned to Henry's native Texas, The World's Strongest Man wasted no time calling out 'The Hounds of Justice' in the Lone Star State. Henry held his own, but he got some support from: The Usos, who helped squash The Shield and send the trio retreating to their doghouse. *Raw*, 7/22

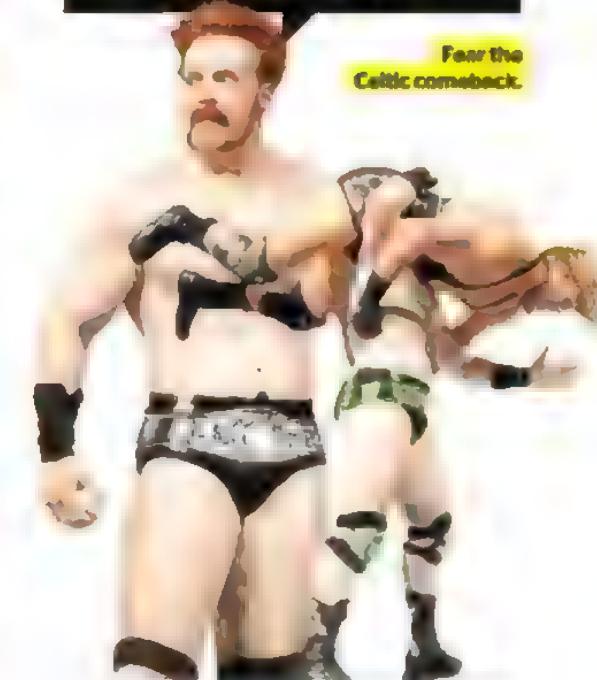


Mark Henry is the year's numbers game.

## Warrior Of The Year Nominee

Weakened Sheamus Fights Through Pain, Dishes More Out

Fear the Celtic comeback.



His leg still reeling from the *Money In The Bank* All Stars Match, Sheamus faced former World Champion Jack Swagger, who targeted the sore lamb for his Patriot Lock. Sheamus proved why he's The Celtic Warrior, however, fighting out of the hold and hitting a risky Brogue Kick to emerge victorious in the end. Without a leg to stand on, Sheamus showed he'd go to any lengths to win. *WWE Main Event*, 7/24



**P38 WWE FAN ART OF THE MONTH CONTEST** FOR October '13. NO PAYMENT OR ENTRY FEE REQUIRED. Void where prohibited. Open only to legal residents of the 50 United States (and D.C.), 18 and older. Online entries must be received between 12:01 am (ET) on 09/17/13 and 11:59 pm (ET) on 10/24/13 (the "Contest Period"). Go to [WWW.WWE.COM/MAGAZINE/](http://WWW.WWE.COM/MAGAZINE/) and create a user profile, then submit your entry by uploading artwork depicting WWE Superstars (the "Submission"). Submissions must be two dimensional (flat) and online entries must be in .jpg, .pdf, or .tif format and at least 300 dpi. To enter by mail, send your Submission, along with your name and other information required in the Official Rules, to: WWE Fan Art of the Month Contest for October '13, Publications, WWE, 1241 East Main St., Stamford, CT 06902. Mail-in entries must

be postmarked during the Contest Period and received by WWE no later than 10/21/13. Limit 1 entry per person regardless of entry method. You must own all rights to your Submission, as sign all such rights to WWE and acknowledge such assignment at time of entry. Entries will not be returned. You will not be paid for your Submission. Grand Prize: One (1) *WWE Payback* DVD. Approximate retail value ("ARV") of Grand Prize: \$30 USD. Contest subject to complete Official Rules available at [WWW.WWE.COM](http://WWW.WWE.COM) and by sending a SASE. NY residents may omit return postage to: WWE Fan Art of the Month Contest for October '13, Rules Request, WWE, 1241 East Main St., Stamford, CT 06902. Sponsor: WWE, 1241 East Main Street, Stamford, CT 06902. © WWE. All rights reserved.

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Ben Cohen, MBE,  
Rugby World Cup Champion  
and Founder & Chairman of the  
Ben Cohen StandUp Foundation  
@StandUpFdn

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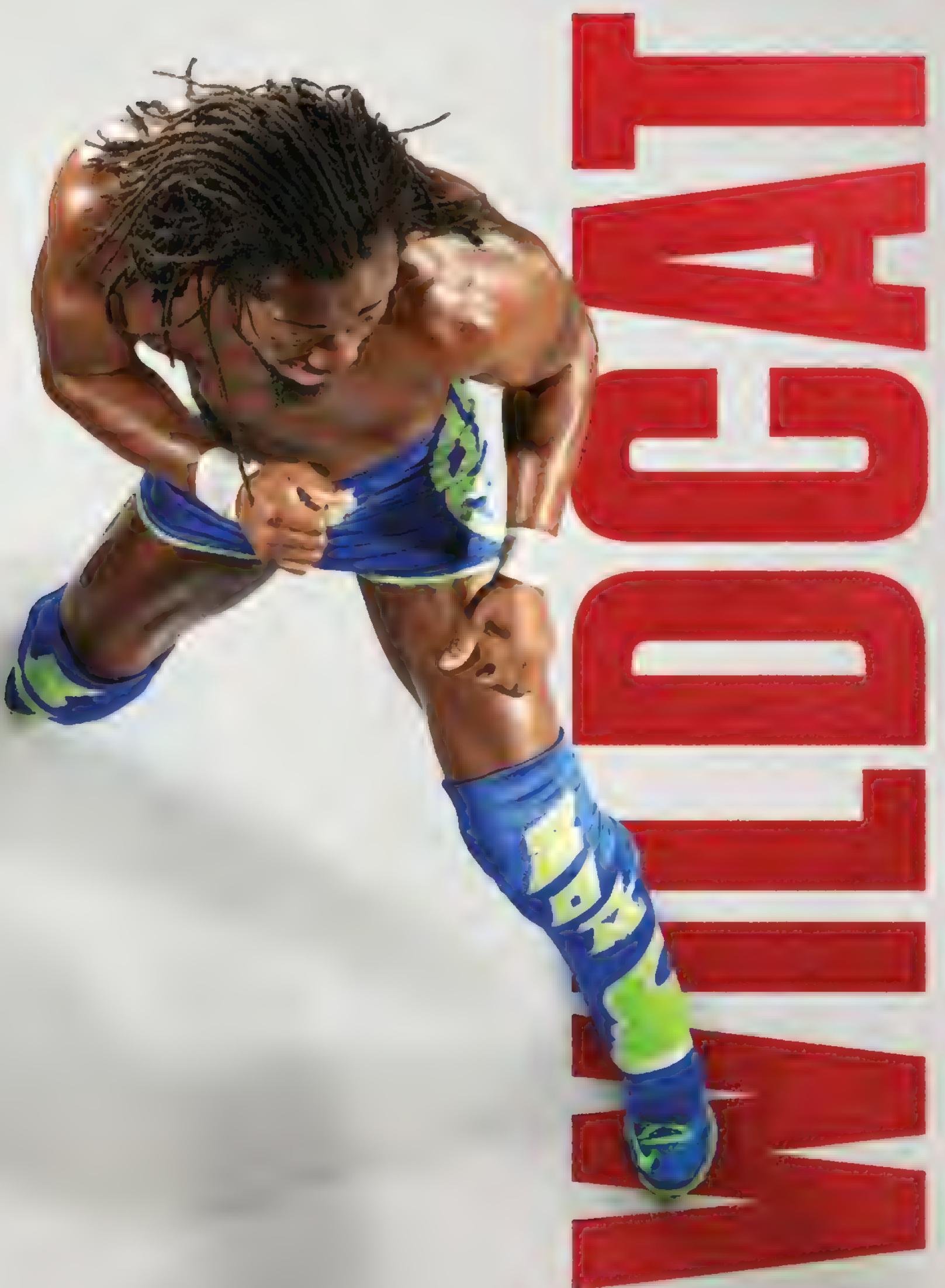


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to take the pledge and put an end to bullying.

[BeaSTARAlliance.com](http://BeaSTARAlliance.com) [Facebook.com/BeaSTARAlliance](http://Facebook.com/BeaSTARAlliance)







A pair of elbow surgeries sidelined **Kofi Kingston** for the first time in his six year WWE career. Here, the recently recovered Spring Loaded Superstar reflects on the risks he'll no longer take, what he still needs to learn, and why those injuries were a blessing in disguise.

BY JEFF LABOO PHOTOGRAPHY BY JASON TANAKA BLAKET

**Y**ou faced a tough situation this summer, having to undergo elbow surgery and stay on the sidelines for the first time in your career. How did you keep from going off the deep end while recovering?

I got a little stir crazy, but at the same time, I just had a son and it was great to actually spend some quality and quantity time with

him. Normally I wouldn't get to do that. I feel like everything happens for a reason. I had the double elbow surgery to remove bone chips out of my elbows. It wasn't qualified as a major surgery, but I haven't been out in six years. For me to get this injury, the timing was impeccable because I could spend some time with my son. I was chomping at the bit to get back in the flow of things, though.

**How did that extended time away from the ring affect you mentally?**

It was actually really humbling. There was one point when I was barely able to do anything by myself. It was very hard to hold my son. Working out? Forget it. I couldn't do any type of pushing or pulling. That was very weird. I was more anxious about that because I probably haven't taken more than six days off in the past 20 years. To be forced to sit and recover is a really humbling experience.

**After six years in the WWE Universe, it's easy to feel like we know you very well. But what is the most important piece of info about Kofi Kingston that people don't know?**

**ion that the WWE Universe has yet to learn?**

It's important to stay positive—the WWE Universe knows that about me. Having said that, I'm just like any other person. I get frustrated, but I might not let it show on the outside because I'm always smiling. I get just as mad and frustrated as the next person, though. It all depends on how you deal with it. As happy-go-lucky as I appear to be, life situations are not always as happy-go-lucky. It's just a matter of how you choose to react to a situation. That affects your well-being and your outlook on life.

**So what's the one thing that you have tried to improve upon from your debut in 2007?**

When I was younger, I would take a lot more risks and be a little bit more reckless with my body. Obviously, the older you get, the more you realize you can't quite do all the things you used to do if you want to be around for a long time. Knowing when to take risks comes with experience, so I still do a lot of death-defying things, but I do it when the odds are in my favor as opposed to doing them with reckless abandonment and hoping for the best.

**Being a highflier certainly qualifies you as a risk-taker. But what's the biggest risk you've ever taken in your career?**

To be honest, dropping the Jamaican accent in the beginning of my WWE career. It was working for me, and it was something different that had never been done before. I could have very easily stayed on that path and kind of done what worked and kept on going for as long as I could. While it was entertaining, it wasn't 100-percent real. Now I'm able to just

be myself out there, which comes across as more genuine. That helps me in the long run because if people see you out there and they see something that's real, they're able to believe in it a lot and you a lot more. It's like a game of blackjack. If you bet \$1, you can only gain \$1, but if you bet \$100, you can double that and it's \$200. You've got to bet it to get it and you can't be afraid to gamble with what you have to get what you want.

**With plenty of WWE accomplishments on your résumé, what's the harshest critique you have for yourself?**

I'm very critical of in-ring movement. You have to go all out, but you have to be in control of your body and your emotions. The more poised you are, then the more successful you'll be. That's not just in the ring, that's outside it, too, because everyone's trying to claw their way to the top. It doesn't help your cause to flip out and be uncontrolled. You almost have to find that inner Zen and take things in stride. The more poise you have, the better able you are to deal with all kinds of situations.

**Finally, what does Kofi Kingston have to do to make that next step in WWE?**

To make the next step takes a different kind of focus. I'm a 10-time champion in WWE and I'm very grateful for that, but at the same time, I'm still hungry and I'm still not satisfied. I don't know exactly what it is that I need to do, but I will find out because I don't feel like anybody should really be satisfied. No matter how good you get, you can always get better. So what I'm trying to do is get better.

## Kingston's Jaw-Dropping Top 12

We rank the finest moments in Kofi Kingston's high-energy career



### 1. Performs a handstand at 2012's Royal Rumble; January 29, 2012

"I was very nervous about that because I hadn't done a handstand in about 10 to 15 years."



### 2. Defaces Randy Orton's NASCAR; October 26, 2009

"A NASCAR doesn't have any windows or rearview mirrors, so I had to get very creative in destroying it. I was able to get the point across."



### 4. Boom Drops Drew McIntyre from a ladder at 2010's Money in The Bank; July 18, 2010

"I actually stood there and contemplated not jumping, but then I looked around and thought, why not?"



### 7. Uses an announcer's chair as a pogo stick at 2013's Royal Rumble; January 27, 2013

"It always feels good to surprise the people and go in a direction they don't expect."



### 10. Boom Drops Sheamus at Extreme Rules; May 1, 2011

"That was awesome because my family and my wife were actually out in the crowd in Tampa."



### 11. Eliminates CM Punk & Randy Orton in seconds at 2009's Survivor Series; November 22, 2009

"It was really just a great moment because I know how good both of those guys are and I pinned them both in less than six seconds."

### 3. Boom Drops Randy Orton through a table at Madison Square Garden; November 16, 2009

"When Randy and I were first brawling through the crowd, they were booing me. But by the end of that sequence, they were cheering."

### 6. Executes Trouble in Paradise on The Miz; October 15, 2012

"My foot still hurts a little bit. I think I have a stress fracture. When I connected with Miz, I knew I definitely almost knocked his block off."

### 9. Wins his first Intercontinental Championship at 2008's Night Of Champions; June 29, 2008

"I had never been a champion in anything before—not in the independents or developmental."

### 12. Battles in his first Hardcore Match against Shelton Benjamin on ECW; June 24, 2008

"To go up against somebody so athletic actually let me showcase my own athleticism right off the bat."

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## BEFORE THE BELL

What's on the minds of the Superstars and Divas during those private moments as they prepare for in-ring combat?

THIS MONTH

**CURTIS AXEL  
WITH  
PAUL HEYMAN**

"To be honest with you I'm kind of superstitious. I always do the same exact thing when I prepare for a bout and get my gear on. For instance, I'll put my left boot on first, which is kind of weird. I'm a switch hitter in baseball but I usually bat left-handed. I shoot left-handed when I play hockey. I've actually been able to hit a golf ball left-handed too. Even when I tape my wrists, I go from left to right. Before my matches, I'll do

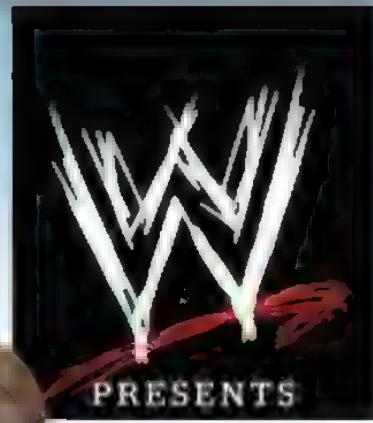
a certain amount of push-ups. I'll stretch out my legs and jump in the air to keep myself pumped up. One thing I do before every match is pray—and I pray to my dad. I talk to him. That's one thing I've always done before every one of my matches. I also carry a spray bottle with me that I use to cool me off a bit. Paul Heyman knows how to fire me up. He'll meet him up in the locker room after I do my routine. He'll just say a little bit and fire me up before I go to the

PHOTOGRAPH BY CRAIG AMBROSIO

ring. Go out there and own it, he'll say. With my recent match against CM Punk, he was telling me just that, getting in my ear and instructing me to go out there and whoop some ass. He seems like a loudmouth guy when you see him on television but one on one, there's no screaming or yelling. He's more private. What Paul does is great. I've had other coaches who have done the same thing. That usually does the trick."



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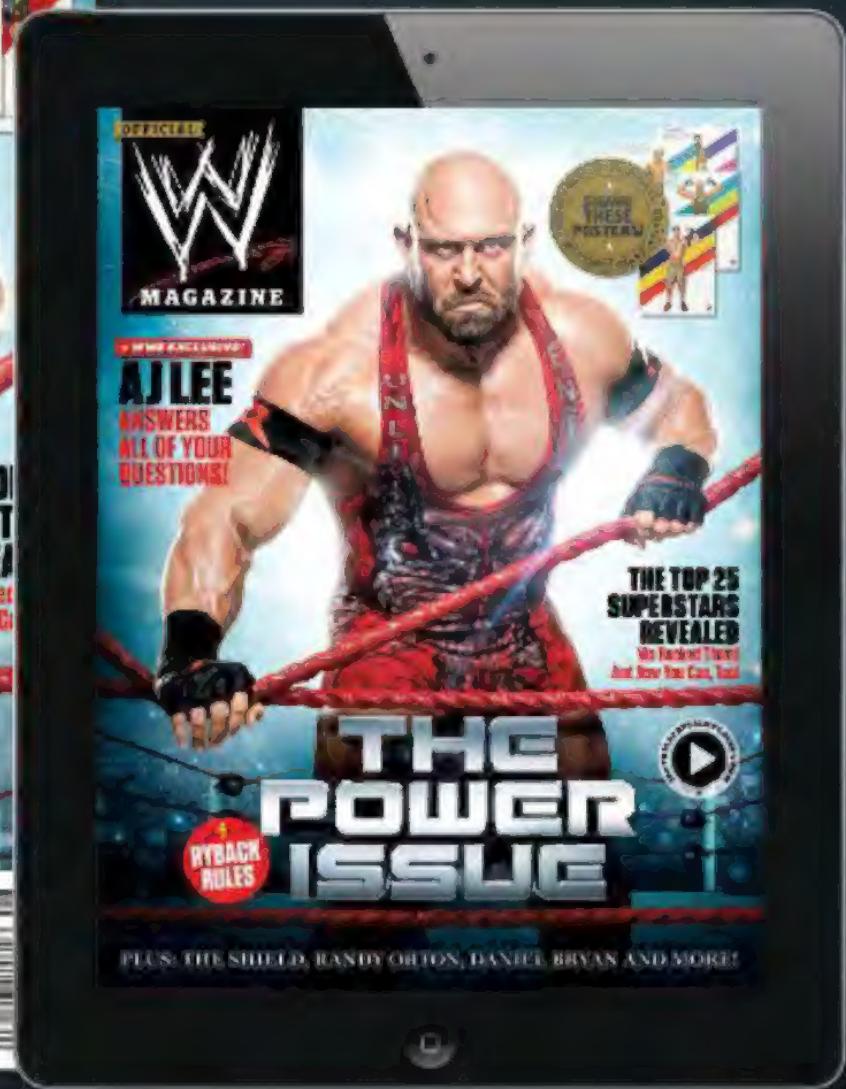


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